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Valley Life editor
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DERBY
DOLLSL.A. roller
derby team
shows their
stuff.

VALLEY STAR

the independent student newspaper



lavalleystar.com

April 21, 2010

Volume 72 Issue 6



JESSICA GALLARDO



HANNA MATEVOSYAN

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VOTE TODAY

VOTE: ASU ELECTIONS

VOTE TODAY AND TOMORROW FOR YOUR
NEXT PRESIDENT AND STUDENT TRUSTEE.

Make It Count

Elections are being held
today and tomorrow for
Associated Student Union
candidates in Monarch
Square.

GRIM OUTLOOK FOR THE BUDGET UPDATE

Upcoming budget cuts
leave administration wary
of future schedules, books
and curriculum.SUSAN MASHEVICH
STAFF WRITER

A recent update, sent out by Valley College President Sue Carleo, stated that the predicted deficit for the 2009-10 school year would be less than \$1 million, or the same as the previous year. This echoes the fact that although the school has yet to recover, budget cuts have stopped the once increasing deficit.

Carleo confirmed the possibility of fee hikes ranging from \$30-50 per unit next school year being made at a state level, and says the cuts that have already been made to classes, faculty and staff, and categorical programs will remain. This year classes have been cut by 10 percent with 20,000 students enrolling from the previous semester. The state-set enrollment goal was 12,942 full-time equivalent students (FTES); Valley College reached 13,250+ FTES. The school received the initial funding promised by the state, but the excess number of students created a lack of funds resulting in the full classes for students and faculty.

Carleo stated, "We really have to find different sources of money. This past year we have a

[See BUDGET, Page 3]



(LEFT TO RIGHT) DEBATE - Linda Tong, Jessica Gallardo, and Hanna Matevosyan discussed several topics yesterday in the Associated Student Union debate that took place in the Fireside Room. Elections for the candidates take place today and tomorrow.

THE GREAT DEBATE FOR ASU CANDIDATES

Candidates for the Spring 2010 student government elections held a debate in the Fireside Room yesterday.

SUSAN MASHEVICH
STAFF WRITER

Most of the candidates are running unopposed for their seats, but the positions of president and student trustee are in contest. Jessica Gallardo and Hanna Matevosyan are running for president; Stefan Stitch and Linda Tong are running for student trustee.

Gallardo is the current commissioner of

campus & environmental affairs. She feels her "first hand" experience in the Associated Student Union will help her to take on the role of president. Gallardo helped organize the student trip to the capital in Sacramento, which gave 25 Valley College students the opportunity to join in a massive student protest against budget cuts, and meet with state legislators.

On the other side, Matevosyan believes that organizing students and protesting is important, but would like to see Valley become more self-sufficient and expand programs, like tutoring, that have been cut. She started an academic decathlon in Armenia, which allowed high school students to compete in tests of knowledge.

Arthur Minasyan is the exiting president.

According to Valley's Web site, the president serves as chair of the Executive Council

and is the liaison between the administration and students. They also attend the student government district and regional committee meetings.

The student trustee obtains a position on the district board of trustees. The student trustee gets an advisory vote, and brings student issues to the attention of the board.

Stefan Stitch and Linda Tong are running for student trustee. Each candidate spoke of having to overcome personal obstacles in their lives, and appreciate the opportunity community college has given them. Both candidates have had experience in student government and leadership.

The candidates were in agreement with one another on most topics. They seem to agree that advocating for students is a priority.

ONLINE EXCLUSIVE



iPad Arrival

The newest Apple accessory comes in the form of the iPad.

ONLINE SLIDESHOW



Photos of the Week

These features and more can be found in full @ www.lavalleystar.com

THE LOW DOWN...

NOT-SO-FREE SPEECH

Everything has a price, and free speech is no exception.

CRISTINA
SERRATO

The foundation of the American culture is based off the First Amendment of the Bill of Rights of the U.S. Constitution and affects everything in our lives. The Jan. 21 Supreme Court case *Citizens United v. Federal Election Commission* was a landmark case in favor of free speech. Though some feel it was a political injustice.

"Come this November we'll get to see first-hand how the political system has been affected, it will be interesting to see how it works, or doesn't work out," stated Valley Professor Anthony O'Regan.

The *Citizens United v. FEC* case overturned close to 100 years of court precedent by ruling in favor of the FEC. Throwing out the restrictions placed on independent political expenditures for corporations, including non-profits and labor unions, the ruling is in favor of individual liberty over equality. Some, such as President Obama, feel the ruling will corrupt the American government system by giving special interest groups more power in Washington, while taking away from other Americans who can only give a small amount to support candidates.

Ian Millhiser of the Center for American Action Progress fund stated, "The law itself will be bought and sold. It would be political bribery on the largest scale imaginable."

The Huffington Post claims

[See COLUMN, Page 2]

Valley Attempts to Get Proper Head Count

Mail-in census questionnaires go undocumented in Los Angeles despite Valley College efforts to raise participation.

CARL ROBINETTE
STAFF WRITER

The last day to turn in a 2010 census survey by mail was Friday and Valley College had a community question and answer booth set up in Monarch Square to help with the effort to collect data. The booth was set up on campus to encourage people to participate in this year's census.

California's participation is close to the national average at 66 percent, but many areas of the southern part of the state, including Los Angeles, were some of the lowest, according to 2010 U.S. Census web-

site. As of March 31, Inglewood has one of the worst turnouts in the country at only 39 percent.

"We're concerned about the relatively low response from parts of California," said Census Bureau Director Robert Groves in an interview with Public Radio on March 31. "Every household that fails to send back their census form by mail must be visited by a census taker starting in May -- at a significant taxpayer cost."

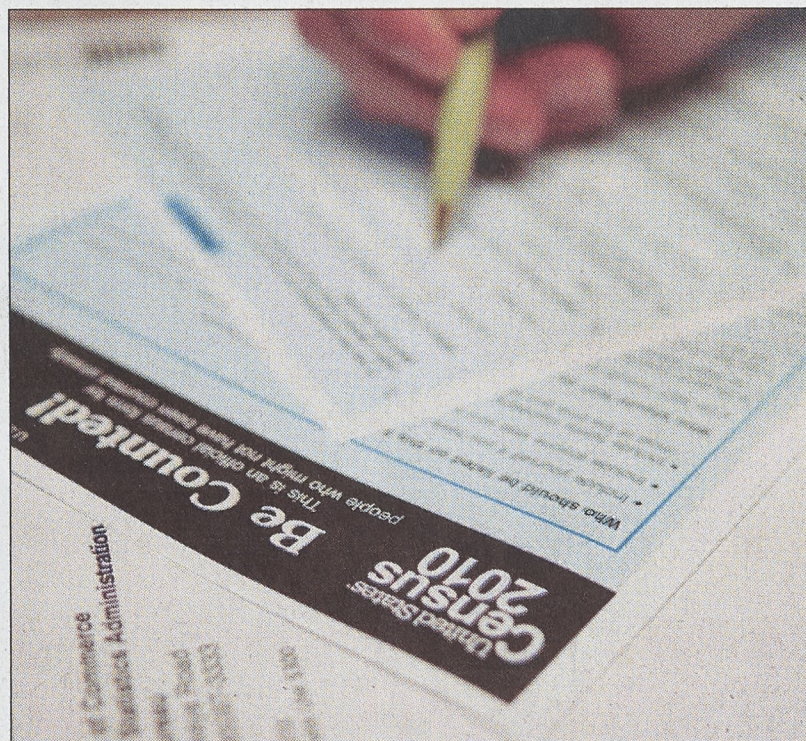
Low participation can be attributed to the relationship that American's have with the census. The census has long been a subject of controversy, as its constitutionality has been called into question. Many conservatives feel that the census is an invasion of privacy by big government. Their more liberal counterparts see it as an unfair representation of the United States populous, as many minority groups in neighborhoods with low partici-

pation go uncounted.

Tennessean.com has quoted Congressman Ron Paul as saying, "(The census) has grown far beyond what the framers of our Constitution intended."

"I think it's a good idea," said nursing student Nancy Zermeño about the census. "They have to count everybody somehow. I'm sure they might use it for things other than what they let on though—like evil."

The census count is done every ten years and is based on counts of people who live in residential structures in the US. The numbers include citizens, non-citizens, and any legal or non-legal residents who live in that home. The census findings determine how federal funds are distributed among states as well as determining how each state is represented in Congress, and the Electoral College. The next count is scheduled for 2020.



ANGELA BEACH | VALLEY STAR

THE VALLEY STAR INFO & STAFF

THE VALLEY STAR is published by students of the Journalism and Photography classes as a learning experience, offered under the college journalism instructional program.

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VALLEY'S STUDENT NEWSPAPER REACHING FOR THE STARS

The Valley Star staff attend state conference and return with numerous awards.

GUADALUPE GONZALEZ
STAFF WRITER

The Valley Star made the best use of their three-week furlough from printing by winning awards at the Journalism Association of Community Colleges' 55th state convention in downtown Los Angeles. The staff was recognized individually for 11 awards, and was also awarded the Pacesetter Award.

Co-editor-in-chief Israel Gutierrez won four of the 11 awards: Honorable Mention for Bring-In Ad and another for Magazine Illustration, first place in News Judgment/ Layout, and earned the People's Choice Tabloid Layout, where convention participants casted their votes.

"Most of what I do is out of passion," said Gutierrez, "but it's nice to be recognized."

At last semester's JACC Southern California conference, Gutierrez took home one first-place award and an Honorable Mention.

"I feel the awards of recognition are long overdue given the remarkable redesign he's done for the Valley Star," said Co-editor-in-chief Josh Spence about Gutierrez.

Pacesetter is a sweepstakes award only given at the annual state convention to honor the top four schools in the state in

mail-in and on-the-spot competitions. Schools must win either Newspaper General Excellence or Online General Excellence awards to qualify. The three other schools that won the award include Contra Costa Community College, Mount San Antonio College and Cypress College.

"I think we have a very good and capable staff," Spence said. "That showed a lot of potential at JACC," added Gutierrez.

The convention, held at the Wilshire Grand Hotel, featured competitions and numerous workshops for broadcast, photo, and print/online journalism. Professionals from various publications and universities facilitated the workshops that ranged from "Winning Resumes" to "Running a Fashion Magazine."

Staff Writer David Motte competed against about 50 other writers in reviewing a play and won third place for Critical Review. He said the award gave him "more confidence and boosted my commitment level to the newspaper."

Other award-winners are former Valley Star illustrator, Eduardo Herrera, who won third place in Illustration, Carl Robinette who received Honorable Mention for On-the-spot News Story. Scott Mitchell received third and fourth place for Bring-In Feature Photo, third place for Bring-In Online Photo, and second and fourth place for Bring-In Photo Story/Essay. The Star also was awarded fourth place for Front Page Layout.

COLUMN

Continued from page 1

that the American system has been, "sold down the river," and Supreme Court ruling, "opens the floodgates to unfettered -- unlimited -- corporate and union spending on candidate elections."

The U.S. Supreme Court couldn't disagree more.

The U.S. Supreme court stated that the ruling is a return to "ancient First Amendment principles" and state, "The Amendment is written in term of 'speech,' not speakers. The First Amendment specifically says that Congress shall pass no law abridging the right to speak." The Court stands by its 5-to-4 decision.

"When government seeks to use its full power, including the criminal law, to command where a person may get his or her information or what distrusted source he or she may not hear, it uses censorship to control thought," Justice Kennedy wrote. "This is unlaw-

ful."

While only time can tell whether or not the Supreme Court's ruling was a good one, President Obama's administration and much of congress are working to overturn the ruling and with the possibility of two new judges this spring, they may succeed. However, with an election season fast approaching the average American may still be barraged by an endless amount of campaign propaganda and with unlimited spending caps, the barrage could be 24 hours a day.

"Nothing is ever free, plenty of blood paid for our 'free speech' and someone is going to pay a lot of money to have 'freedom of speech' during elections," said Janet Romero, visitor to Valley. "It's unfair that whoever has the most money will win the next election, instead of who is best suited."

Email Cristina Serrato at c.serrato@lavalleystar.com
Send general comments to valleystar@lavalleystar.com

Local Teacher Arrested in Child Sex Sting

A Valley Glen School teacher was arrested in Oklahoma for attempting to have sex with a child.

CARL ROBINETTE
STAFF WRITER

A local high school teacher was arrested March 30 at the Oklahoma City airport after allegedly flying to Oklahoma for

the purpose of engaging in a sexual act with an 8-year-old girl, announced the United States Attorney's office.

Eric Joseph Schwartz, 49 of North Hollywood was arrested as part of a sting operation conducted by the FBI. Schwartz made contact with a local Oklahoma City woman on a social networking site that was created for people with unusual sexual preferences. The 8-year-old girl was

[See CHILD SEX STING, Page 3]



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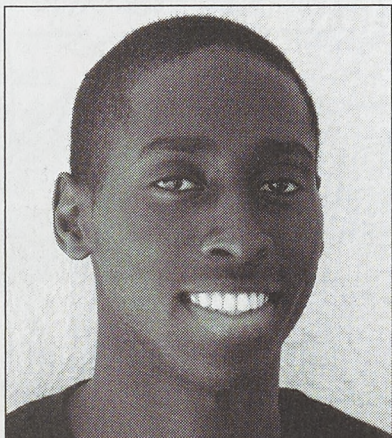
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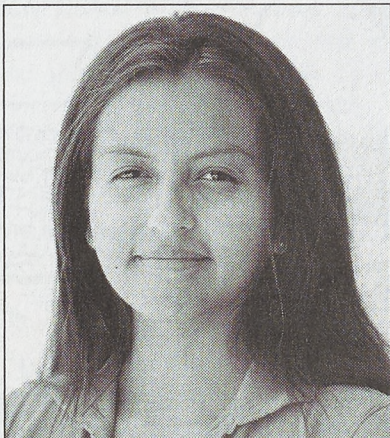
VALLEY ELECTIONS



ELIZABETH VALLDEJULI



KAZOوبا KAWAMARA



ROCIO BENITES



VREZH ALEKSANYAN



TAMARA HARUTYUNYAN

Valley students are casting their votes, while numerous seats are still open.

GUADALUPE GONZALEZ
STAFF WRITER

Valley students are voting today and tomorrow for the next Associated Student Union Executive Council. The Executive Council is the student organization that supports campus activities and serves as the official representative of the student body. It is one of two branches that make up the ASU, the other branch being the Interclub Council.

Of the seven candidates seeking office, two of the candidates currently hold positions in the Executive Council. Jessica Gallardo, commissioner of campus and environmental affairs, is running for president against Ishkhanuhi "Hanna" Matevosyan. Commissioner of Evening Division Kazooba Kawamara is running unopposed for the vice presidency.

All other candidates are running unopposed.

Elections will be held in Monarch Square from 10 a.m. to 1 p.m., and again at 4 to 7 p.m. Students will need to present their student IDs in order to be eligible to vote.

UP FOR GRABS

As well as a lack of competition, these elections have a lack of candidates, leaving many seats up for grabs. Only six of 15 offices are being sought by candidates: president, vice president, commissioner of ethnic & cultural affairs, commissioner of fine art, commissioner of evening division, and commissioner of political affairs.

The remaining nine seats will remain open until the next semester, Fall 2010. Students can apply for these positions if they meet the requirements of a 2.0 minimum GPA for the previous semester and overall, be enrolled in five or more units, cannot have exceeded 80 units, and paid the \$10 ASU fee.

Current open seats are commissioner of student & social affairs, commissioner of athletics, commissioner of campus & environmental affairs, commissioner of public relations, and treasurer. Students can also apply to chief justice, parliamentarian, and secretary, but those seats will be appointed by the president and must be approved by the Executive Council.

VOTING FOR WHAT?

Although students elect the executive council, many are unsure what they are voting for, while others are unaware of the ASU altogether.

"It's who you give your 11 bucks to, right?" said architecture student Francisco Romero when asked about

the ASU. He knows they are elected once a year, but doesn't know when. In the past, he has voted for classmates who have asked for his vote, but he had no idea of the elections this semester.

Tau Alpha Epsilon member Omar Marroquin said he found out about the elections when Gallardo spoke at the honor society's meeting last week.

Fiona Pulskamp, an anthropology major at Valley, heard about the elections through her friends and through Facebook, where candidates like Gallardo created profiles for their campaign. Pulskamp said she thinks the elections are mostly won by word of mouth, "like a popularity contest" where people vote for whom they are told to vote for.

"You see posters but you don't really know candidates," she said. "It's not really genuine. It should be about progressiveness, about how we want the school to be ... not just consume propaganda."

She said, though, that many other students simply do not care for the elections or are too busy to care for them.

Valley evening student Narek Arustamyan attests Pulskamp's claim. He did not know about the elections. After work, he goes to class and then goes home when class is over. "I have no idea what this is for, what they do, and a lot of students don't [know]," he said.

Yet he is still willing to vote. "Probably for her ...," he said, pointing to one of Gallardo's posters with her picture, "... she's cute."

New Vice President Appointed to ASU Executive Council

**Ian Coyne resigns.
Kazooba Kawamara
appointed new VP.**

GUADALUPE GONZALEZ
STAFF WRITER

Kazooba Kawamara was unanimously appointed temporary vice president by the Associated Student Union's Executive Council during last week's meeting following the resignation of Ian Coyne on April 6. Kazooba will run unopposed for Vice President at the end of the month when the current ASU's term is over.

Ian Coyne cited personal reasons for his resignation, but said he had finished everything that the board had set out to do.

Coyne pointed out securing \$35 million for the Student Union building, coauthoring a resolution to increase the student lobby by \$100,000 in Sacramento, and implementing the ASU benefits card program for student discounts.

"Arthur and I have been training (Kazooba) for many months," said Coyne. "So hopefully (Kazooba) can take my position someday. I did everything I could to choose people who would continue what we started, and man we did a lot. It's been a hell of a year."

ASU President Arthur Minasyan nominated Kawamara, and nearly everyone on the Executive Council praised him for hard work and dedication.

"Kazooba would definitely be the one for the job," said Commissioner Nareh Sargsyan. "There were moments I forgot he was only the (Commissioner of) Evening Division because he does everything."

Kawamara was appointed the Commissioner of Evening Division after applying for the position, which was left vacant after the fall semester elections. He also took over the role of treasurer when Ben Moye resigned.

Kawamara said he was prepared to take on additional responsibilities and do whatever it takes to make Valley a great experience for students.

Kawamara is from the African Country of Uganda, and attended boarding school in England from ages 12 to 17. He arrived in America at 17 knowing nobody, and he says certain life experiences have shaped him for a position of leadership.

"I have seen people with nothing wake up in the morning with a smile on their face," said Kawamara. "Everywhere I go I try to make a difference. I've seen that no matter who you are, as long as you try you can make a difference."

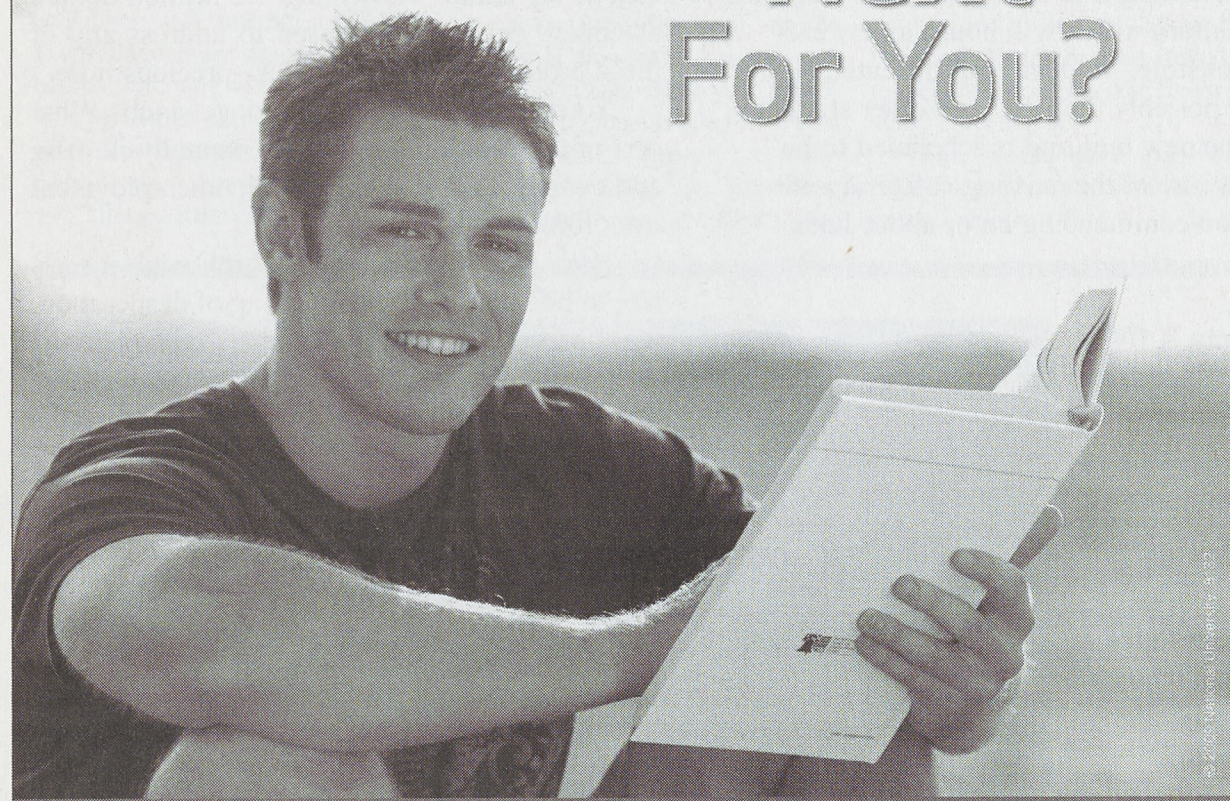
Kawamara raised around 1,000 shoes and other items for donation to the Haitian disaster relief. He has started the Day of Service, which recruits students to volunteer around the county. Last semester's Day of Service involved 70 students who cleaned up Will Rodgers Beach, and will be heading to Santa Monica Pier this semester. He said he helped to increase the power of the student lobby in the state and national capitals.

"I want to continue to be a strong advocate of students," said Kawamara. "I want to keep the ASU relevant to the students on campus."

The duties of the Vice President, according to LAVC.edu, are presiding over meetings of the executive council in absence of the president, chairing the Interclub Council meetings, and acting as a liaison between the executive council and the ICC. He will continue to work as the bridge between evening students and student government, handle financial matters as treasurer, and act as vice president until elections.

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BUDGET

Continued from page 1

number of folks really excellent at writing grants, so we brought in \$3 million in grant funds for the college. We can't use that money to pay the electricity bill, but we do have the ability to offer some programs for students we couldn't do because of the cuts." Carleo also states, "It is really an extremely challenging period right now."

Budget cuts had been partially off set by the one-time federal funds set up by President Obama, but she does not expect these funds to be available for 2010-11 year. Faculty and staff are also expecting a negative Cost of

Living Allowance, money added to standard funding—\$50 million—to anticipate price inflation, the first Carleo has seen taking away money from the standard funds they are set to receive.

Professor Neilsen who works part time at Valley's history department and part time at Santa Monica College says teachers like himself are, next to students, the ones who have been most directly hit through budget cuts. Explaining, if even one more of his classes are cut he will most likely need to start looking for work at a third institution.

Furloughs and layoffs are not expected for the 2009-10 year, but are still in uncertain territory for 2010-11.

CHILD SEX STING

Continued from page 2

a decoy used to attract sexual predators and does not exist.

"The general tone around campus among co-workers has been shock and disgust," said a colleague of Schwartz who chooses to remain anonymous. "Again, this has been hardest on the students. They knew this man and loved him as a teacher."

Going under the screen name "SirTabu" Schwartz began a correspondence in February through instant message and telephone with the Oklahoma woman, whose name has not been made public. She claimed to be the girl's mother and Schwartz eventually made plans to travel to Oklahoma, not realizing that she recorded all communications in cooperation with the FBI. He was immediately arrested upon arrival at the airport in Oklahoma City.

The FBI reported Schwartz

as saying in a conversation with the woman, "If she was a newborn, we'd still get started, but 8 is better."

Schwartz teaches English to autistic children at a local school on Burbank Boulevard and Ethel Avenue just across the street from Valley College. Village Glen School is affiliated with The Help Group, which focuses on autism and other related disorders, offering educational programs for students with special needs. According to insiders, he was a favorite among students and while many coworkers are in shock, some are not.

"I guess my gut told me something was off about him," said his colleague. "I could have never guessed it was anything like this, although I suppose there is never any way to know how sick a person is until they are revealed."

Shame On You, Eric Schwartz

Schwartz's actions have landed him in a heap of trouble.

KELLY DAVIS
OPINION EDITOR

One of the most appalling crimes imaginable as far as I'm concerned is any crime against children. So you can imagine my shock and outrage upon hearing of the recent arrest of Eric Schwartz, a local teacher who was busted in an FBI sex sting.

After reading Carl Robinette's article, I realized that Schwartz was a teacher at Village Glen, a school for students with autism and other related disabilities which is run by The Help Group, the same organization that runs the school my step-daughter attends. My initial reaction was that of fear. Thoughts of pulling her out of school and keeping her safe at home ran through my head.

And then I stepped back from the situation and thought about all the wonderful things The Help Group has done for our family over the last year. They took a girl who was so desperately struggling in school, failing all of her classes and on the verge of dropping out, and worked what I consider nothing short of a miracle. She is now a confident young lady who participates in class, earns As, Bs and Cs and is back on track to completing her education. The Help Group provided her with an environment that embraced her, made her feel safe, and fostered her unique learning style.

After collecting my thoughts, my fear dissipated. I know that she is in a safe environment.

"Our organization's screening process includes F.B.I. and Department of Justice background checks for prospective employees as a condition of employment," said John Farrimond, Vice President of The Help Group.

No matter what preventative measures are taken, sometimes these appalling acts just cannot be detected or prevented.

Take for example the case of Dennis Rader, the confessed BTK killer who slayed at least 10 people and taunted the police and media from 1974 to 1991. Prior to his 2005 arrest, Rader lived as a pillar of society, a Boy Scout Troop leader. His confession shocked his family, friends and neighbors.

"I suppose there is never any way to know how sick a person is until they are revealed," said a colleague of Schwartz, as quoted in Robinette's article.

So, no, I don't feel the burden of responsibility lies on the school or The Help Group. They did their due diligence. What I do have to say is this: Mr. Schwartz, you should be ashamed of yourself. Those children respected and trusted you. It's so difficult for children with autism to make and maintain friendships and for you to betray their trust as you have is utterly deplorable. And shame on you for tainting the name of such an esteemed organization that you were fortunate enough to be a part of.

GOT A LETTER TO THE EDITOR?

Letters to the editor can be sent to: editor@lavalleystar.com or submitted online at www.lavalleystar.com. Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.

LET COBAIN LIE IN PEACE

A new film about Nirvana singer, Kurt Cobain, is in the works.

CARL ROBINETTE
STAFF WRITER

From behind a veil of greasy blonde hair, Kurt Cobain and his band, Nirvana, changed the face of rock and roll in the 1990s. With the emergence of "grunge rock," Cobain's melodic discontent and punk rock edge helped create a movement that became the sound for a generation of teenagers. It's true Cobain was a master in his time, but America doesn't need a Hollywood movie about his life.

Every few years it seems as though a semi-biographical film is released about a big name rocker. Whether it's "Sid and Nancy" in the 1980s, "The Doors" in the '90s or more recently, "Ray," the plot is always the same. The story of the abused artist who battles with depression, drug and alcohol addiction, and has a tumultuous relationship with a woman can only be recycled so many times before people get tired of it.

"It makes me want to put the shotgun in my own mouth," said filmmaker Michael Casey about the idea of a Cobain movie.

It was widely rumored this month that Robert Pattinson ("Twilight") was set to play Cobain, after being hand-picked by Cobain's widow Courtney Love. Fortunately those were just rumors.

"Isn't that so stupid, who would cast him?" Love was recently quoted by US Weekly. "That's just wrong, no offense."

In 2007, it was said that Ewan McGregor would play Cobain. It turns out that the role of the Nirvana front man has not been cast. Scarlett Johansson is being considered to play the role of Courtney Love, which will be fine since nobody can make Love seem any worse than she is in reality. If the



CARL ROBINETTE | VALLEY STAR

role keeps Johansson from ruining another Woody Allen project this year, then a battle has been won. David Fincher ("Fight Club") is rumored to be on board to direct film, tentatively titled, "All Apologies."

It isn't as if the film is going to be some great revelation about the rocker. Love and Cobain's affair was highly publicized as was Cobain's suicide and ensuing drama. Love has exploited so much camera time over the last fifteen years, the idea of watching someone pretend to be her for 90 minutes makes me tired. The movie has "Lifetime Original Picture"

written all over it. Love and Cobain will end up as victims of life and circumstance. We'll see Cobain getting beaten up or abused as a boy and all this will lead to their volatile relationship and tragic end.

Cobain certainly deserves his spot with rock giants like Ray Charles or Sid Vicious, but it's going to be pretty tough to find a leading actor that will live up to the undoubtedly enormous expectations of Cobain's die-hard fan base. Everything about the idea sounds like a train wreck that not even David Fincher can save.

LETTERS

Re: Arrest of Eric Schwartz

We were shocked when we heard the news that one of our Village Glen High School teachers was arrested in Oklahoma. The teacher's employment was terminated immediately. We are fully cooperating with the FBI in its investigation of this case. As confirmed by the FBI, this case does not involve any allegations that relate to students or our campus.

Thanks,
John Farrimond
Vice President of The Help Group

Re: Café Au No Thanks, Issue 04: March 17

Dear Editor:
The article by Mr. Robinette has not fallen on deaf ears and we have notified the company running the cafeteria, ISSI, that they should read the article as the concerns under their control should be addressed. In the fairness to ISSI, comparison to Santa Monica College and even Pierce College should be taken in context. For example, Pierce College's espresso bar and one of their dining areas, the Freudian Sip, are located in a new building which includes their bookstore. There reference to the Monarch Den is misconstrued in that the Den was originally the faculty and staff dining room, however, for several years this room has been used as a classroom for our students., necessitating the

blocking out of the window on the door so as to not disturb the students in the classes take place in the room.

It should be noted that the current cafeteria building is decades old and whole it was given an interior facelift about 10 years ago the College did not have the availability of sufficient funding until Prop J came along to make significant changes.

The good news is that the college has plans for the future of the cafeteria. Plans are under development for a new building, currently under the working title of the Monarch Building (Student Union) which will house a new cafeteria, Bookstore, Student Health Center, study areas, and possibly the ASU and other student offices. The new building is scheduled to be built on the site of the existing cafeteria with construction commencing on or about June, 2012.

Sincerely,
Raul D. Gonzalez, Associate Vice President
Administrative Services

Re: High Price of Affording the Penniless Issue 05: March 24

Dear Editor:
I am saddened by Ms. Norried knee-jerk reaction to the homeless that typifies our societies reaction to the homelessness. How I wish the student had done a little homework and used her pulpit to educate rather than condemn.

According to the National Coalition for the Homeless, "approximately 16% of the single adult homeless population suffers from some form of severe and persistent mental illness. Furthermore, the Coalition states, the "rates of alcohol and drug abuse are disproportionately high among the homeless population, the increase in homelessness over the past two decades cannot be explained by addiction alone."

This is in addition to the other causes of homelessness: grinding poverty, health issues, lack of affordable housing, lack of public assistance, lack of job skills. How much 7.2 million dollars of county tax money is used to address any of these problems? The answer is--precious little.

You say the homeless should, get a job. What sort of job do would you like a mentally ill drug addict to get in a county with unemployment over 10%?

Have you ever stopped to think what it feels like to be homeless? The feeling of desperation, fear for your safety, the hunger, the cold, the complete and utter lack of all human dignity? We don't treat animals this way, but somehow it's okay with humans because it's "voluntary."

While it may stick in your craw to give panhandlers money that might be spent on drugs and alcohol, without it they will only resort to crime. And how much will that cost us in tax dollars?

In other countries, the government helps the disenfranchised. Here, charities are supposed to pick up the slack. How does this happen in what is supposed to be the greatest country in history? If a nation is judged by how we treat the least among us, we are failing miserably.

Kristen,
Valley Star Reader

VALLEY VIEW | WHAT DO YOU LOOK FOR IN AN ASU CANDIDATE?



"Someone who is responsible, that can get the job done, and that's really reliable."
- STEPHANIE RINEARSON
NURSING



"I would have to say leadership and commitment to the school."
- WALTER LOPEZ
NURSING



"Someone who gets some damn recycling done."
- GIO CASTRANOVA
NUTRITION



"Someone who knows what they're doing."
- SAM ARAGON
RESPIRATORY THERAPY



"Somebody that will speak up when there are things going around that are not fair."
- CRYSTABELL MIRANDA
BROADCAST JOURNALISM

EDITOR'S NOTE:

The views expressed on this page are solely those of the writer and do not necessarily reflect those of the Valley Star, its instructors, editors, staff or those of Los Angeles Valley College, its administrators, faculty, staff, or students.

SEX OFFENDERS NOT WELCOME AT VALLEY COLLEGE

The National Sex Offender Registry shows 44 registered sex offenders in the immediate area of Valley College.

KELLY DAVIS
OPINION EDITOR

The National Sex Offender Registry shows 44 registered sex offenders in the same zip code as Valley College. This registry is designed to keep track of convicted sex offenders in an effort to prevent further crimes being committed by these individuals.

Valley psychology professor, Richard Torquato recently plead no contest to battery in a case involving a Valley student.

He received probation. However, the original charges included sexual battery and molestation of a child under the age of 18. Had Torquato been convicted of sexual battery, California Penal Code section 290 could have required him to register as a sex offender.

His plea bargain puts the burden of protecting Valley students on the school administration, which are expected to do a thorough investigation internally to make sure Torquato isn't a risk to other students. While students are capable of fabricating allegations of sexual abuse, too often these allegations are swept under the rug when prosecutors fail to build a strong enough case to proceed.

In 1995, Los Angeles Unified School District teacher's aid, Ricardo Guevara was

accused of taking a 9-year-old girl into a closet and asking her to lower her pants. He was never charged. Instead, Guevara was quietly transferred to another school within the district. In 2002, a 6-year-old girl accused Guevara of touching her crotch. When prosecutors declined to pursue the case, he was allowed to return to work. The following year, a parent witnessed Guevara molesting a girl on a playground. He was convicted in 2005 of multiple counts of lewd acts with a child.

These crimes could have been prevented if only LAUSD had taken the allegations a bit more seriously. Schools should be doing everything they can to protect these students. State law allows teachers to be fired for what is deemed immoral or unprofessional behavior. Yet somehow Guevara slipped through

the cracks.

When asked about the possibility of Torquato returning to campus, Valley student Melody Whitney said, "I think it's outrageous. It would give the impression that there are no consequences for his actions. And what's to stop him from doing it again?"

So, Valley administration, grant Torquato the due process he deserves, investigate thoroughly. And if you find any sexual misdeeds, we trust he'll be fired immediately. But if you exonerate him, great, we would love to see an innocent man cleared of any wrongdoings. You just better hope you were thorough enough to assure it never happens again. Because as students, we look up to these teachers as mentors and moral guides. We deserve access to safe classrooms.

THE SIMPLE TRUTH...

IT COULD BE MY FAULT ...

Some people claim that there's a woman to blame.

JAMIE NORRIED



With all the talk of sexual harassment in recent news, I can't help but think that the simpletons customarily referred to as "men," can't be held solely responsible for the ever-so-common incidents of sexual harassment and battery in today's society.

Let me begin by saying that men who forcibly rape someone, or take advantage of an intoxicated woman, girl, or a child of any age should be banished to prison for an eternity of "eye for an eye" punishment. Rape steals the dignity of the victim, and causes a lifetime of emotional damage. Rape, sexual assault, and harassment are not okay in any environment.

That being said, women are somewhat responsible for what happens to them.

If you throw on two pieces of elastic and call it an "outfit," and go to a frat party, you're advertising to the boys there that you're looking for certain attention. Expect something bad to happen. Men, in general, know no boundaries. You must tell them with your physical appearance, with your behavior, and with your words what you expect from them.

This is perhaps why your parents didn't let you go out with boys until they met the lad, or perhaps chaperoned the date themselves.

Men have been socially rebelling against women since we claimed our sexual independence in the 1960s, but the revelation of our new-found freedoms has left us ignorant in managing our sovereignty. The liberty to vote, to have short hair and wear pants, to get a wage equal to a man's, and to rightfully take birth control became a shock that has lasted for decades.

According to the Bureau of Justice statistics, the rate of reported forcible rapes per 100,000 of the U.S. population in 1960 was 9.6 percent. By 1990, that rate jumped to 41.1 percent. Forcible rapes receded to 32 percent by the year 2000, and down to 29.3 percent in 2008. This leads me to believe that people are more educated about harassment than they were 20 years ago.

As far as harassment on college campuses goes, women need to understand that if you flirt with your teacher, you're opening doors that are better left closed.

A 2005 report by the American Association of University Women reveals that 62 percent of female college students report having been sexually harassed at their university; 7 percent of victims were harassed by teachers or other school employees.

One survey of psychology students reported that 10 percent had sexual interactions with their educators and 13 percent of educators reported sexual interaction with their students; however, only 10 percent or less of student sexual harassment victims attempted to report their experiences to a university employee.

Rape has occurred since the beginning of time, and will go on until the end of time, but there are things we can do to reduce these incidents. It's unfortunate that we can no longer trust people, but in order to truly be independent, we women must educate friends, sisters, our children, and ourselves in order to put an end to this kind of abuse.

E-mail Jamie Norried at j.norried@lavalleystar.com
Send general comments to valleystar@lavalleystar.com

Too Much Money, Too Many Interests

California's many ballot initiatives are getting in the way of governance.

KATE HOLZHAUER
STAFF WRITER

Almost 100 years ago, progressives created direct democracy laws that would allow the citizens of California the ability to act as a safety valve if the legislature was not doing its job. The initiative process evolved from these laws as an attempt to pull control of the political process from special interests.

Today, the process is badly broken, overused and threatening the ability of California to be governed effectively.

For an initiative to make it onto a ballot it needs to gather 433,971 signatures in a 150 day window. In the past, this process made it possible to gauge public support for initiatives. But spending on ballot initiatives has gone up 1,200 percent since 1974, making it difficult to tell if people are signing petitions because they are well informed or if a particular petition has simply been shoved in their faces enough times to wear them down.

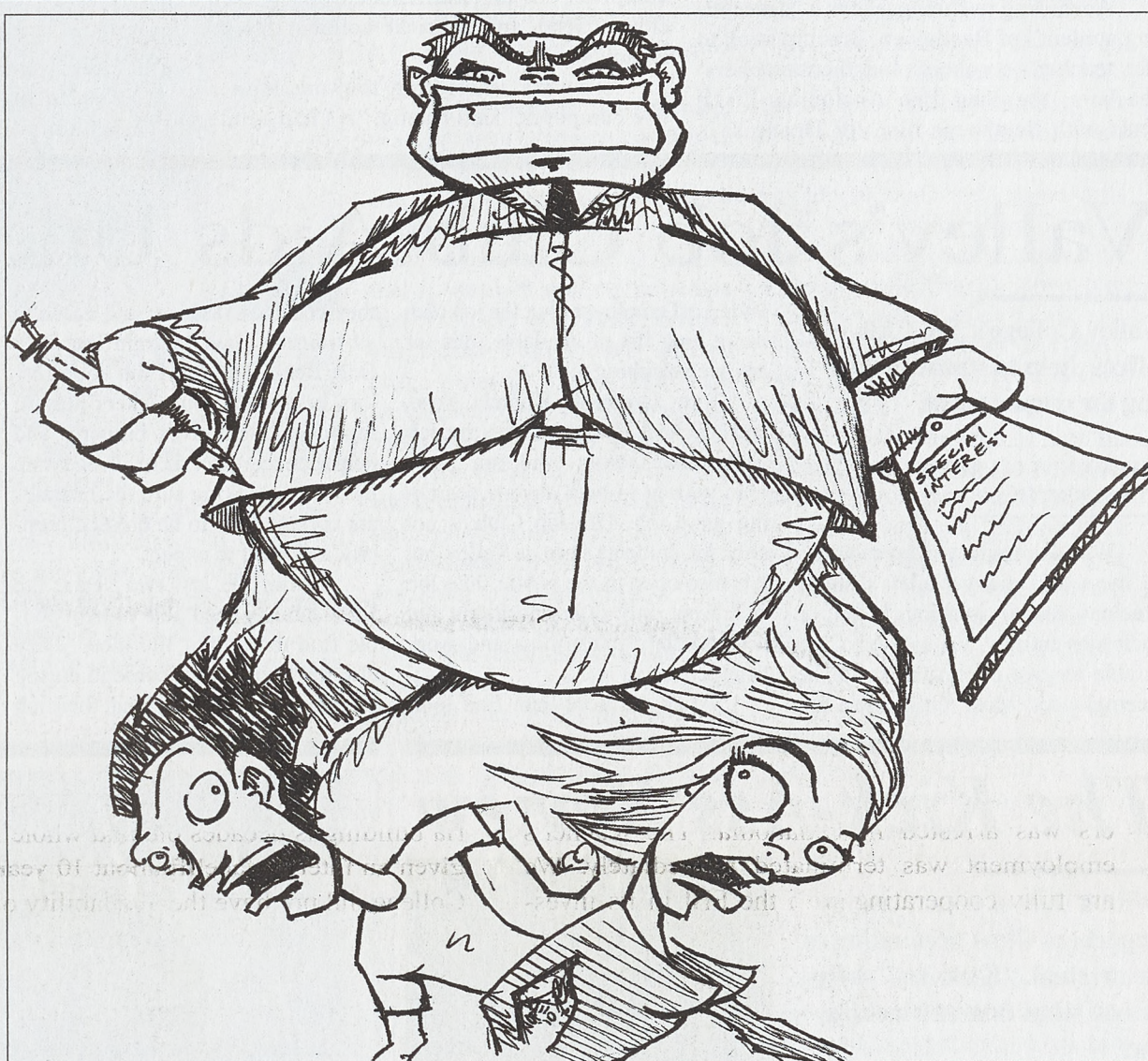
The signature gathering process

has been effective in killing some of the more bizarre initiatives such as the initiatives to ban all divorces in California, to remove the governor and entire legislature if they fail to pass California's annual budget by June 15, and an initiative that would "provide schools the opportunity for its pupils for listening to or performing Christmas music at an appropriate time of year."

What the system has not been effective in doing is limiting the amount of money that special interest groups can use to try to influence the system.

As it stands, most of the ballot initiatives are proposed by special interest groups, requiring no formal review by state legislature before going to vote. These groups have significantly more funding and financial influence than private citizens or grassroots organizations.

Some ideas for fixing this broken system include allowing a 2/3 legislative majority to modify ballot initiatives that have passed in order to fix problems with the bill, placing a \$100,000 limit on the amount of money that can be spent to qualify a ballot, allowing proponents and opponents of a bill to post informational videos on the secretary of state's Web site, improving the readability and graphics of the



CARL ROBINETTE | VALLEY STAR

voters' pamphlet explaining the initiatives, and extending California's ballot circulation process from 150 to 365 days, bringing it in line with many other states.

This would give grassroots organizations more time to circulate initiatives, yet it would not

affect wealthier interests, since they can qualify measures in virtually any period.

Some say that putting restrictions on ballot initiatives is infringing on the rights of Californians and significantly underestimating the intelligence of the electorate as

a whole. But California is a large and diverse state, and while many citizens are qualified to make decisions pertaining to themselves, they are not qualified to decide where the best interest of the state as a whole lies. That is why legislators are elected.

The Church's Penance

Coming off the heels of Pope Benedict XVI's eight-page apology to Catholics in Ireland, resolution may become available worldwide.

GUADALUPE GONZALEZ
STAFF WRITER

The Roman Catholic Church just recently began publicly responding to criticism for the cover-up on many pedophilic priests. They are not defending the abusive priest or the bishops who apparently covered up the abuse (because you can't defend such iniquitous and vile actions) but are finally acknowledging that abuse is a problem with its clergy and are asking the faithful for forgiveness. However, instead of apologizing, the Church needs to stop looking after its constituents and take action against those priests.

The recent scandal started when the pope's brother, Monsignor Georg Ratzinger, fell under scrutiny last month when new claims of child abuse were made at the Bavarian school, where he has headed the choir for the past 30 years. He claimed to be unaware of the abuse but still agreed to testify.

Shortly after, Pope Benedict XVI came under speculation when it surfaced that prior to becoming pope, he failed to take appropriate action against pedophilic priests when he was head of the congregation for

the Doctrine of the Faith.

On Holy Saturday, the pope issued an eight-page letter of apology to Catholics in Ireland, specifically victims of abuse and their families, which was read throughout churches during Easter Sunday mass. It was only a letter of apology, no references to courses of action or changes in the Church, but it was the first papal acknowledgement exclusively about pedophilia, according to The New York Times. It also acknowledged the problem was worldwide. Incidents have been reported in Australia, Britain, Canada, France, Poland, and the United States.

What the Church needs to do is distance itself from those priests. Excommunicate them and hand them over to the authorities. The damage is done. The credibility of the Church should not be totally lost due to incompetent men who were unable to maintain their vow of chastity.

In 2008, U.S. Bishops reported that 5,600 of the 109,694 active priests in the US between 1950 through 2008 have been accused of abuse, according to BishopAccountability.org, an online public records database. The following year, that number rose to 9,872. Of the 288 parishes in Los Angeles, 77 percent have had incidents of abuse.

The Vatican is shielding Pope Benedict XVI from blame. Priests are acknowledging the scandal in their Sunday homilies — something rare. But if the Church wants its congregants' faith again, she will have to do without those who have fallen.

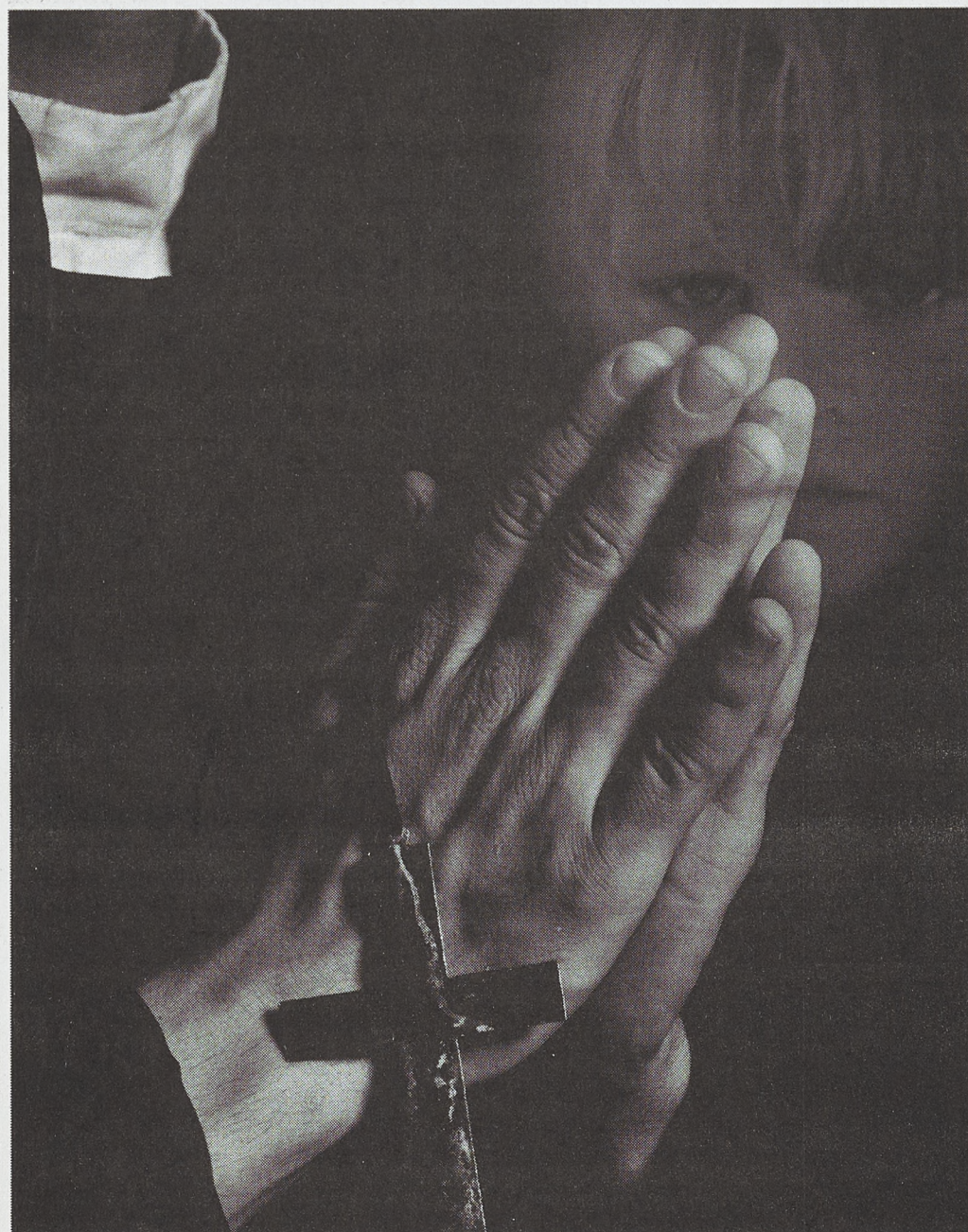


PHOTO ILLUSTRATION BY ANGELA BEACH | VALLEY STAR

LAVC Events

April Wednesday, 21st
ASU ELECTIONS
 @ 8 a.m. - 6:15 p.m. (Monarch Square)

Thursday, 22nd
ASU ELECTIONS
 @ 8 a.m. - 6:15 p.m. (Monarch Square)

"Green Careers" Career Speaker Workshop Series
 Presented by the Career/Transfer Center
 @ 1 - 2 p.m. (Foreign Language 102)
 Contact: Career/Transfer Center (818) 947-2646

ASU Finance Committee Meeting
 @ 2 - 5 p.m. (Campus Center 104)
 Contact: Associated Student Union (818) 778-5516

Tuesday, 27th
ASU Club Day
Sponsored by the Associated Student Union
 @ 9 a.m. - 2 p.m. (Monarch Square)
 Contact: Associated Student Union (818) 778-5516

Van Nuys Worksource Job Fair
 @ 10 a.m. - 1 p.m. (Monarch Hall)
 Contact: Job Training (818) 947-2941

Creative Experiences for Young Children Program (Ages 2-4)
 Sponsored by the Family Resource Center
 @ 4 - 5 p.m. (Bungalow 49); Free RSVP
 Contact: Family Resource Center (818) 778-5612

Wednesday, 28th
LAVC Blood Drive
 @ 9 a.m. - 3 p.m. (Blood Mobile next to Allied Health & Science Building)
 Contact: Student Health Center (818) 947-2918

! THINK TRANSFER

April Monday, 12th
"Here I am at Valley, What Road Do I take Next?" Workshop
 @ 1 - 2 p.m. & @ 5:30 - 6:30 p.m.

Tuesday, 13th
College and Majors Fair
 @ 10 a.m. - 1 p.m. (Monarch Square)

Wednesday, 14th
Job Fair
 @ 10 a.m. - 1 p.m. (Monarch Square)

Resume Writing & Interview Skills Workshop
 @ 1 - 2:30 p.m. & @ 5 - 6:30 p.m.

Thursday, 15th
Service Learning Volunteer Fair
 @ 10 a.m. - 1 p.m.

Careers In Law
 @ 1 - 2:30 p.m.

All events held in the Career/Transfer Center (Administration 126) unless otherwise indicated.

For Sign-up and further information Call (818) 947-2646.

CONCERT CHANNELS BEETHOVEN THROUGH STELLAR PERFORMANCE

Valley students are treated to a performance of classical precision on Wednesday.

DAVID MOTTE
 VALLEY LIFE EDITOR

There is no better way of appreciating the classic sounds of Beethoven or Chopin than to hear it being performed immaculately on a grand piano. Judy Huang treated Valley students to just such a performance on Wednesday in the Music Recital Hall.

A grand-prize winner of the 2004 Carmel Music Society Piano Competition, Huang made her professional debut at the age of 11 with the Fine Arts orchestra in Taiwan. She has performed twice at Carnegie Hall in 2006 and 2007, and has given concerts in Taiwan, the US, and all over Europe.

According to Huang, she is a "descending student" of Beethoven. Tracing back to her teacher's teachers, and their teachers' teachers, the long line (including Liszt) ends with Beethoven himself. Huang says

she feels an intimate rapport with the great composer.

"I feel very close to Beethoven," she said. "It's as if he is watching me when I perform."

Appropriately, Huang performed Beethoven's "Opus 2 No.3," which was so perfectly executed that one could argue that Beethoven was indeed looking over her shoulder. Sitting behind the massive Steinway & Sons grand piano, which made her seem paltry in comparison, Huang was almost machine-like in her execution of the classic compositions with her fingers seemingly stuck on cruise control at 100 mph.

Other numbers included various études by Chopin, partly performed in honor of the famous composer's 200th anniversary (1810-2010), as well as an erratic and eerie piece called "Three Turnings" by local composer Brian Kehlenbach, who is a close friend and musical collaborator of Huang's.

"It's very interesting to work with a live composer," said Huang. "If I had a time



RICARDO VARELA | VALLEY STAR

JUST PLAYING - Judy Huang performs with the spirit of Beethoven beside her.

machine I would go back to Beethoven and offer a few suggestions."

Judy Huang is anticipating the release of an album over the summer and will be

performing at Carnegie Hall for a third time in April of 2011. She is currently serving on the faculty at Orange County High School of Arts in Santa Ana.

Valley's Job Club Aids Unemployed Students

Valley College's Job Club offers help to students looking for employment.

GIOVANNI GARCIA
 STAFF WRITER

With the country in an economic mess and many Valley College students losing working hours or their jobs entirely, Valley's Job Club is able to give opportunities to the unemployed. Most businesses are

laying off employees but the job club has a long list of available jobs for anyone searching.

Tony Jaramillo, Rhonda Rose, and Michael Tompkins are the Job Club coordinators who are more than willing to help anyone searching for a job. The Job Club is not only for students here at Valley but it is also open to the public. The Job Club not only offers positions, but it also offers internships and work experience.

"They do more than find jobs,

they coach on resumes and coach in job training," said Program Specialist Dale Beck. The Job Club coordinators help teach job seekers how to introduce themselves properly and help them conduct themselves for an interview. Making sure the resumes are correct, how to be dressed properly and what to expect.

Within the last two years, the Job Club has been able to help people find more than 100 jobs. They also have employers come in during meetings to introduce what their job

is and what to expect. "The first year was hard to gain success with the students but once they saw what we were doing they started coming in," said Job Club Coordinator Tony Jaramillo.

With job openings scarce, people are more than welcome to go to the Job Club located in the Job Training building and see what is available. With the friendly help they offer, it is more than likely people will be able to find a job or internship and succeed at it. "I

think that's great because I see a lot of people that don't know where to start looking," said Valley student Karla Gomez.

The Job Club's next meeting will be April 30 from 9 a.m. - noon in the faculty lounge. It is important for people seeking help to go to the meeting because the job club only meets once a month. Whether looking for a job, internship, or tips on interviews and resumes the friendly Job Club staff is more than willing to help.

The Kick-Ass Review

With a slew of recent crappy superhero films pretending to be original, "Kick-Ass" delivers on what fans are looking for.

JOSH SPENCE
 CO-EDITOR IN CHIEF

Take away the veneers of schmaltzy comic homages, wince-inducing, bone-breaking and consistently tight storytelling, and the audience is still left with a film that more than lives up to its name in the appropriately titled, "Kick-Ass."

After Dave Lizewski, a completely normal and overlooked teenager answers the one question every ardent comic book fan worth their weight in printed ink asks (Why can't I be a superhero?), he dons his own costume and becomes Kick-Ass, the crime fighter. Without any training, any superpowers and receiving constant beatings from thugs, Kick-Ass becomes a cultural sensation while starting a series of events that make people, masked or not, reveal their true identity.

The film, directed by Matthew Vaughn, is unique in the comic book film genre in that Vaughn doesn't try to create a new atmosphere for his heroes a la Christopher Nolan or Jon Favreau. Instead, Vaughn mixes and matches styles combining Tarantino's "Kill Bill" stylistic gore, Guy Ritchie's slick pacing and Vaughn's own brutal action seen in "Layer Cake." It's this selfless changing of styles and switching gears between action, comedy and drama, all within a comic book setting, that makes this film an instant fanboy classic while luring casual moviegoers.

The stellar casting helps as well. English import, Aaron Johnson, is a more than convincing teenager du jour. It's easy for Christian Bale to channel a stoic Patrick Bateman for Bruce Wayne or Robert Downey Jr. to play himself as Tony Stark, but for Johnson to wear so many different hats without going full tilt on any one

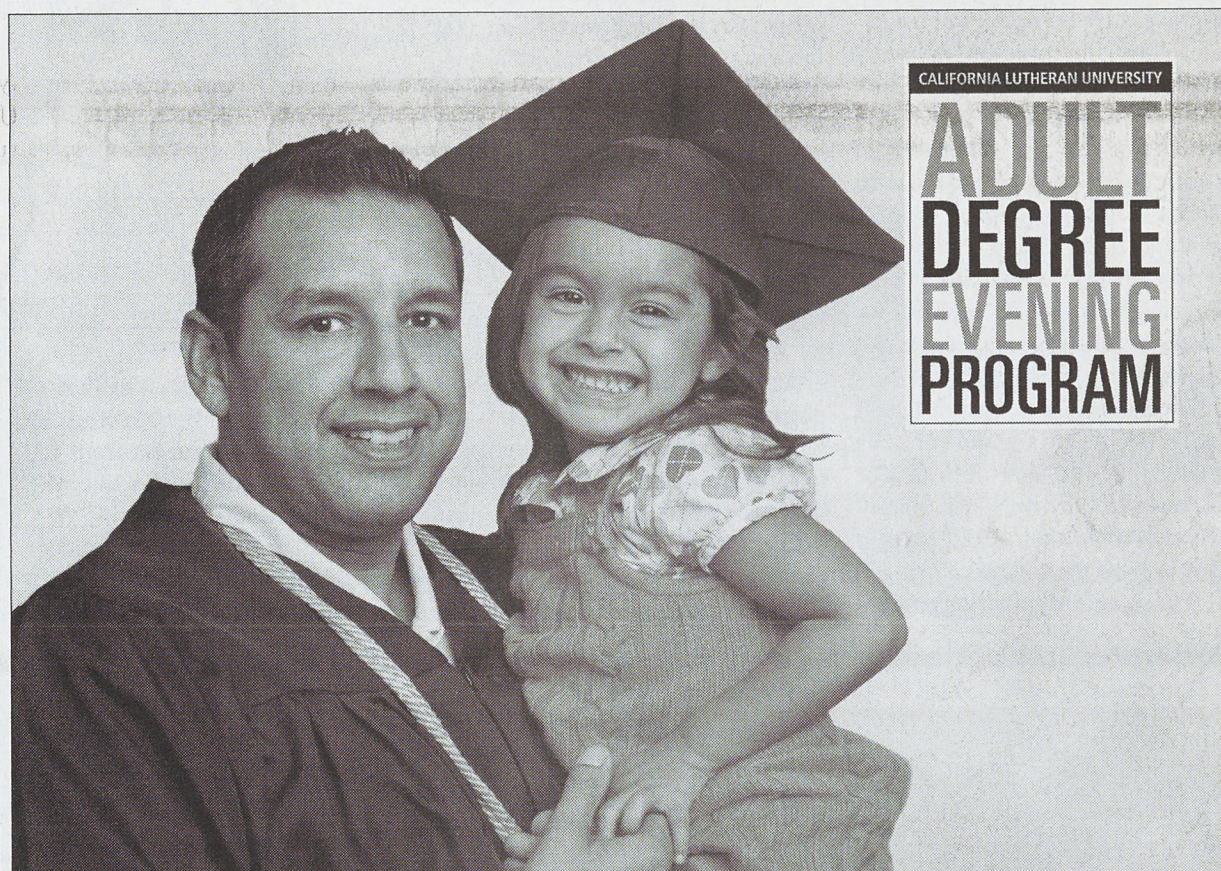


KICKASS-THEMOVIE.COM

is praise worthy for a 19-year-old actor. Christopher Mintz-Plasse turns in another funny exploit as Red Mist, proving that "Superbad" was just the beginning, not a one-off. Mark Strong delivers another strong performance as the villain, Frank D'Amico. Between "Sherlock Holmes," "Kick-Ass," and the upcoming "Green Lantern," Strong is running close to bad guy typecasting in comic circles, but with villains this good, no one cares.

While not solely redeeming himself for the stinky turd nugget known as "Ghost Rider," Nicolas Cage does begin to make serious amends with a spot-on Adam West impersonation playing Big Daddy, a Batman knockoff who is, ironically, original. The greatest part about Cage, as Daddy, is that he's referencing the camp of the iconic actor while having no inclination of winking to the camera. However, Chloe Grace Moretz completely and utterly steals the show. Watching Hit Girl come to life with Moretz playing that role so true to the source material and so unflinchingly speaks volumes about the artistic integrity of both Moretz and for the film as a whole.

Viewers will be surprised at the depth "Kick-Ass" has to offer, ranking right up there with "Iron Man" and "The Dark Knight" territory. It's a compliment to say that "Kick-Ass" is so well made that it makes fans realize what "Watchmen" should have been.



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Tasty Thai

Sanamluang Café draws crowds with its late hours, but keeps them coming back for the food.

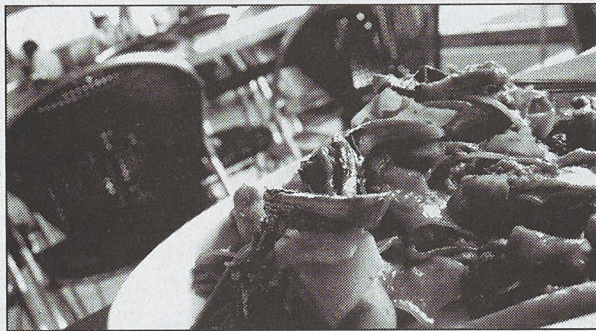
KATE HOLZHAUER
STAFF WRITER

At 2 a.m. on a Saturday most of the businesses on Sherman Way in North Hollywood are closed for the night, so it is disconcerting to see a throng of people waiting for tables spilling into the parking lot in front of Sanamluang Café, a bustling Thai restaurant on an otherwise deserted street. But Sanamluang is more than a convenient place to satisfy late night hunger pangs. It serves up a wide variety of authentic Thai food, with some good people-watching to boot.

The clientele at Sanamluang Café is as diverse as its menu, and on weekend nights, as huge as its menu as well. Being open until 4 a.m. most nights attracts the drunk and lively crowd, and the hypnotic neon and stainless steel décor feels as much like a 1980s club as a restaurant, encouraging the party to keep going. During the day, however, Sanamluang plays host to local business people, Thai families, and hipster foodies.

The menu at Sanamluang Café is extensive and varied. While one will not find any traditional Thai curries, there are well over 100 other items to choose among, from deep fried herb-stuffed rice cakes to soups, to some of the most authentic Thai noodle dishes in town.

Much of the food served at Sanamluang is spicy, even when ordered mild, but there is a good deal of food on the menu that appeases more delicate palates, including some of the noodle dishes. While the Pad Thai has a decidedly funky aroma, it is familiar enough to make picky eaters feel comfortable, with just enough heat and complexity to appeal to more adventurous eaters. Thai food and spicy food lovers will also want to try the hot pot soups, the larb (a spicy meat salad), the spicy, yet simultaneously cooling papaya salad, and any of the more unusual



PHOTOS BY GRETTEL CORTES, CHIEF PHOTOGRAPHER | VALLEY STAR
(ABOVE) PUD-SEE-EWE - Flat rice noodles scrambled with egg, black soy sauce and Chinese broccoli.

(BELOW) DEEP FRIED - Herb-stuffed rice cakes are just one of over 100 menu choices.



noodle dishes. The Pud-See-Ewe and the beef tendon and stew noodle dishes are both made with Sanamluang's signature flat noodles, which are pan fried after cooking to achieve a nice nutty flavor and crunch around their edges.

Along with being delicious and open late, Sanamluang is relatively inexpensive. It is easy to feed a family of five for under \$40, and portions are enormous and meant to be shared. Whether one goes to enjoy a leisurely lunch or a 2 a.m. "4th meal," they will be able to do so without breaking the bank.

TWO CENTS FROM SPENCE

WARD OF COMEDY

Television's red-headed step-child gets placed in yet another foster home.

JOSH
SPENCE

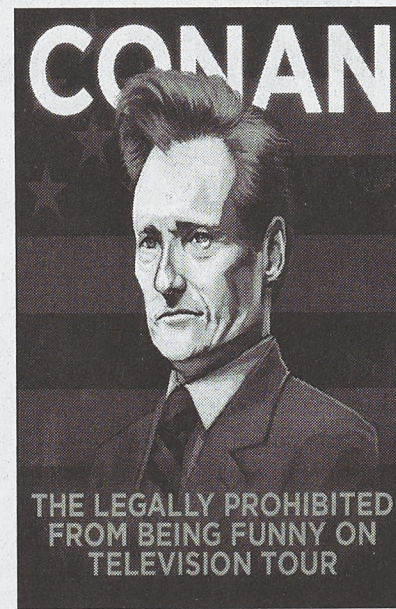


With late night television tensions escalating due to cable's rating dominance and network television's slow march to oblivion, TBS's recent acquisition of Conan O'Brien not only makes the rerun-laden, second-rate station an emerging super power, but the fact that the station landed the iconic late night host with relative ease says a lot about the network television industry.

The immediate thought after news broke of O'Brien defecting to cable was George Lopez. While no one's first thought should ever be of Lopez, I couldn't help but think that I've seen this rerun. It seemed that it was just mere months ago that O'Brien was being pushed out by an older, more tenured host. Granted, Lopez will have the greatest lead in audience one could hope for besides American Idol. But despite Lopez's blessing and recruitment of O'Brien to the station, this move only proves that the business of funny is in fact predatory and cannibalistic.

The fact that TBS signed the late night talk show while they already had Lopez is even more evident that FOX dropped the ball. O'Brien has considerable ties with FOX dating as far back as "The Simpsons" and as recently as "Andy Richter Controls The Universe." It's also a long-held rumor that O'Brien's promotion to "The Tonight Show" was to keep him with NBC instead of flocking to FOX. They may have thought they were the only company to be in the running to land CoCo post "Tonight Show," but it's adding insult to injury when the FOX affiliates question the deal altogether because it's better to run episodes of "The Office."

This idea network television has of cookie-cutter programming, formulaic sitcoms, and countless spinoffs of "Law &



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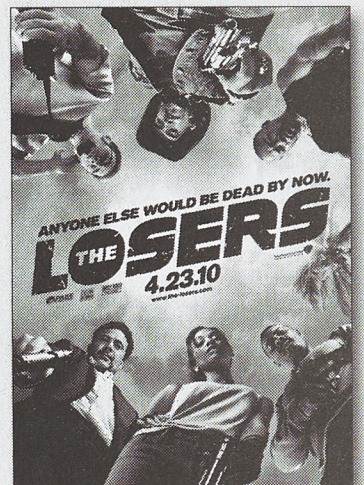
Order" and "CSI" is nauseating. I'm concerned that network stations are gluttons for punishment. Take O'Brien's last employer, NBC, for example. They drop \$45 million for Conan to leave the network while admitting that throwing crap against the wall doesn't stick or generate revenue. On top of that, they spend millions more on building Leno a new set and extending more episodes for beleaguered shows like "CSI: Special Victims Unit" and "Heroes" which may not have been seen by a large audience since 2005. None of this will bring the station back to the top of the ratings (which it hasn't seen for years sans the Olympics) or receive any pop culture cred for introducing something new or innovative. So, instead of learning and laughing from their rivals' follies, FOX says, "No. We're cool. We got better re-runs."

There was a time FOX and network TV was synonymous with "innovation." Limitless edgy material on television has changed the social paradigm for the better. As much as crappy shows are killing network television, network's fear of putting anything provocative on air post Janet Jackson boobage is what's killing TV. The sooner network television realizes that cable is superior and has gotten stronger with O'Brien because of their willingness to push the envelope, the sooner network TV will save itself.

E-mail Josh Spence at co-editor@lavalleystar.com
Send general comments to valleystar@lavalleystar.com

@THE MOVIES

OPENING THIS WEEKEND



THE LOSERS

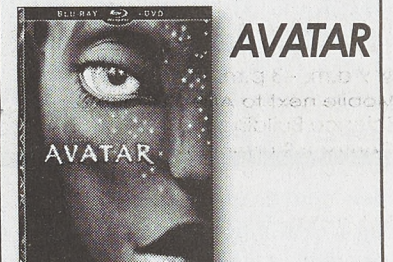
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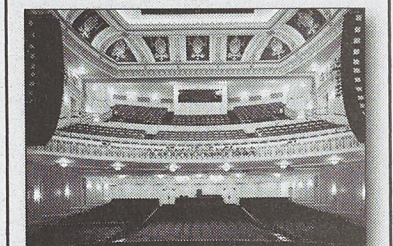
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- USHER - OMG (FEAT. WILL.I.AM)
- KESHA - YOUR LOVE IS MY DRUG
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MONARCH SCHEDULES

Men's Baseball:

Thursday, April 22nd
@ Glendale 2:30 p.m.

Saturday, April 24th
@ Bakersfield 1 p.m.

Tuesday, April 27th
vs. Mission @ Valley
2:30 p.m.

Thursday, April 29th
@ West L.A 2:30 p.m.

Swimming & Diving

Thursday-Saturday
April 22nd-24th
WSC swimming championship prelims @
College of the Canyons

Thursday-Saturday
April 29th-May 1st
State Championship @
Mt. SAC

Track & Field

Saturday, April 24th
@ Ventura
TBA
WSC Prelims

Friday, April 30th
@ Moorpark
TBA
WSC Finals

Saturday, May 8th
@ Saddleback
TBA
So-Cal Prelims

BREAKING RECORDS

Track and field and swimming and diving teams break school records.

LUCAS THOMPSON
MANAGING EDITOR

While most students at Valley were focused on enjoying their spring break, the athletics department was busy looking to break records. In the past two weeks a total of four long-standing school records were broken including three in swimming and diving, and one in track and field.

Valley pole-vaulter, Kyle Ballew, broke the previous record in pole-vaulting at the Western State Conference Inland meet at Valley, with a height of 16'7.25. The previous Valley record, marked by David Silverberg in 1975, was set at 16'1. Ballew was not satisfied. In the following Mt. San Antonio Invitational, Kyle broke his own record with a measurement of 16'8.75.

"The records present an excellent yardstick measuring the athletic growth of our current athletes," Dale Beck, Valley sports information director and public address said. "I make changes to the books with full respect to the players of today as well as years gone by, each in their own career have had equipment and training methods unique to their era."

In conjunction with the pole-vaulting record, three schools' records were broken in swimming and diving. The first comes from Valley swimmer Kris Plavchyan, who broke the record in the 200-yard backstroke. The previous record of 1:58.25 was set in 1998. Plavchyan broke the record with a time of 1:53.53, according to Men's swimming and diving Head Coach Jim McMillan. The time not only breaks Valley's school record but also the Pasadena Invitational meet record of 1:54.4, where the time was recorded.

"I think it helps recruiting," Valley Athletic Director Diedra Stark said of the accomplishments. "I think it says a lot of our coaching staff, who love what they do."

The other two school records broken were in the 200 medley relay and the 400 medley relay, by Kris Plavchyan, Gabriel Fernandez, Gary Authur, and Jensen Houston. The previous record held for the 200 medley relay was 1:42.25, a

scoring that the group beat with a time of 1:40.86. The same group defeated the 400 medley relay Valley record of 3:42.55, with a time of 3:41.13. Both previous records were set in 1993, according to McMillan. Authur also won the 200-yard butterfly event at the Pasadena Invitational with a time of 1:57.33

"To the athletics department, it's a sign of some good quality student athletes (with) continued dedication," McMillan said. "For the program it's great, but for the kids ... it proves a little success for their hard work."

The athletics department not only stresses the importance these accomplishments hold for the school, but also for recruiting new student athletes. The track and field teams' next event will be held this Saturday in Ventura for the WSC Prelims. The swimming and diving teams will compete in the WSC swimming championship prelims held this Friday and Saturday at College of the Canyons. Ultimately, it will be up to these student athletes to decide if there will be more record breaking to come in the near future.

BY THE NUMBERS:

WSC MEN'S SWIMMING STANDINGS FOR VALLEY

2008: PLACED 6TH 285.0
2007: PLACED 4TH 442.0
2006: PLACED 4TH 394.0
2005: PLACED 3RD 505.0
2004: PLACED 5TH 405.0

WSC WOMEN'S SWIMMING STANDINGS FOR VALLEY

2008: PLACED 6TH 309.0
2007: PLACED 6TH 331.0
2006: PLACED 6TH 272.0
2005: PLACED 5TH 357.0
2004: PLACED 7TH 285.0

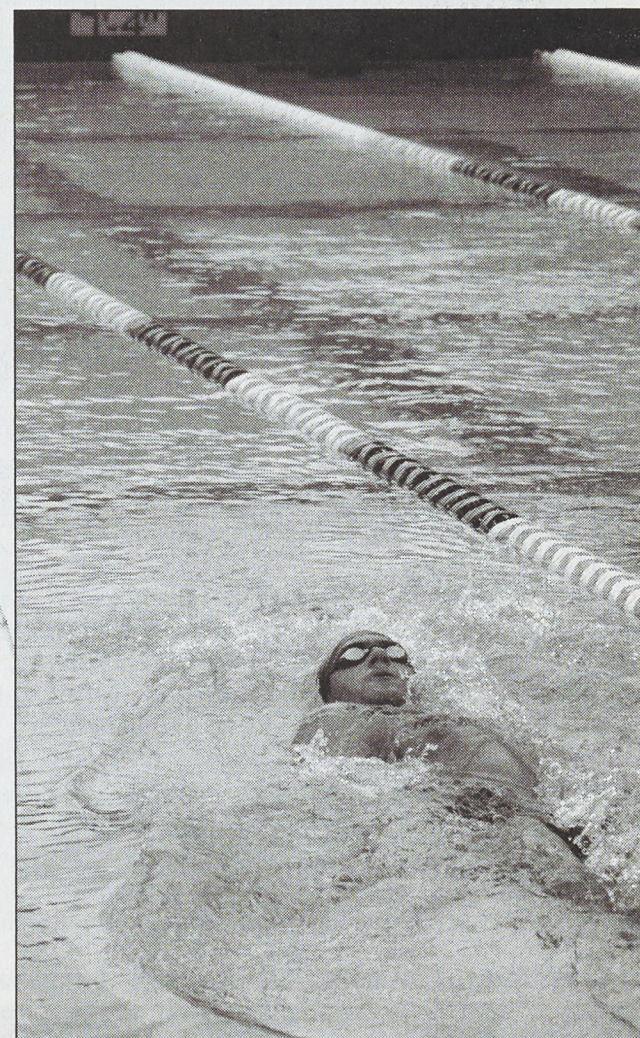
BY THE NUMBERS:

WSC MEN'S TRACK STANDINGS FOR VALLEY

2009: PLACED 9TH 15.5
2008: PLACED 7TH 36.0
2007: PLACED 6TH 39.0
2006: PLACED 13TH 5.0
2005: PLACED 13TH 10.0

WSC WOMEN'S TRACK STANDINGS FOR VALLEY

2009: PLACED 10TH 14.0
2008: PLACED 5TH 64.0
2007: PLACED 3RD 89.0
2006: PLACED 10TH 39.0
2005: PLACED 7TH 49.0



GRETTEL CORTES | VALLEY STAR

PREPARATION - Kris Plavchyan practices the backstroke in anticipation of breaking his 200-yard backstroke record at the WSC Swimming Championships to be held next week.

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ATHLETICS ARE FOR EVERYONE ... EVEN YOUR GRANDMA

From age 5 to 95, athletics are good for everyone.

CRISTINA SERRATO
STAFF WRITER

Like any good machine, the human body needs to stay well maintained in order to work its best. Athletics are a great way for people to enjoy sports and help maintain their body no matter what the age.

"It's important that boys and girls participate in athletics. It teaches them how to win and lose and they learn about failure as a

part of life," stated Valley softball coach Frankie Garcia. "They learn as children and, I think, become more resilient adults."

A child as young as 2 years old can participate in sports activities at local parks and recreation centers, which teaches the essentials of sports, improves dexterity and helps introduce teamwork. At 5 years old, children can officially compete and join a team. Playing in teams helps further hone children's athletic skills, improves self esteem, teaches them how to play fair and improve creativity skills, according to the American Academy of Child and Adolescent

Psychiatry.

Many adults don't participate in athletics after age 40. Children, work, and home life get in the way of athletics for some, however staying fit and social interactions are still important. Athletics help middle-age adults reduce risk for heart disease, high cholesterol, enhance mood, improve libido and help reduce the risk for osteoporosis, according to LifeClinic.com. Parents are the first example for their children.

According to ScienceDaily.com, parents that participate in athletics are more likely to raise healthy athletic children, who

spend less time in front of television and computers.

"For some older people it's the only way they can be social. They need to be social and it's like a family for them," said Valley Athletic Director Diedra Stark.

The popularity of athletics for those at least 65 years old has been picking up in recent years. With the release of GeezerJock magazine, the ever increasing popularity of the National Senior Games, the Huntsman World Senior games and organizations such as the Fifty-Plus Fitness Association, seniors have more places than ever to turn for their athletic needs. Valley offers

senior students several opportunities to be athletic at the new adapted gym, which is fully equipped for seniors and provides constant supervision, help and training. The main goal of the adapted gyms' staff is to help seniors work out and train effectively while preventing injury and allowing optimum interaction. Valley also offers senior physical education classes, especially tailored to suit senior's needs.

"Two or 92, it has to be fun, exciting, and provide something for everyone," said Stark. "At every level it should be fun and you should never stop moving."

ANALYZE THIS ... THEY JUST DON'T GET IT

Ben Roethlisberger proves once again why some athletes can't handle responsibility.

LUCAS THOMPSON



He looks like a caveman, dresses like he should have been an extra in "Animal House," and is currently under an eight-year, \$100 million contract with the Pittsburgh Steelers. If you haven't guessed by now, his name is Ben Roethlisberger and he has proven, again, that money can't buy common sense, or college chicks.

Roethlisberger, who was reportedly intoxicated, was accused on March 5 of sexual assault by a 20-year-old college student in the bathroom of Capital City Nightclub located in Milledgeville, Georgia. Roethlisberger denies that the two had sex and stresses that anything that took place inside the bathroom was consensual. The district attorney in Milledgeville has agreed to not press charges, leaving Big Ben's fate of punishment up to the NFL's commissioner Roger Goodell.

Let's not forget that this is the second accusation brought up against Big Ben regarding sexual assault. Maybe Big Ben is not so big when it comes to pleasing the ladies? Regardless of the reasons and regardless of what really happened Roethlisberger is wrong. I don't care if the young lady held a gun to Big Ben's little head and forced him into the bathroom and sexually assaulted him. The fact is he should have never been there to begin with. Look at Tiger: he cheated on his wife for several years with several million women and just now got caught. I guess he was smart enough to stay away from bathrooms in nightclubs.

I mean seriously. You're a public figure, you make a little over \$12.5 million per year and yet you choose to party at college nightclubs. As a public figure and an NFL quarterback you should have higher standards than the guy who works at Blockbuster and is now in his ninth year of college majoring in Doritos. It's just not acceptable. Why do we never hear these types of stories about Peyton Manning or Tom Brady? Because they don't go to nightclubs, they go to big boy places. Maybe they should get the title of Big Peyton and Big Tom.

Though Goodell has not specified any timetables or details regarding Roethlisberger's punishment, one thing looks certain in his future: suspension.

"The issue here is respect to a pattern of behavior," Goodell said regarding recent and past actions of Roethlisberger.

An official word on the suspension or non-suspension of Big Ben is expected in the coming days. Nevertheless the incident shows the ignorance of many of the superstars in the NFL. From Terrell Owens' constant drama and Plaxico Burress literally shooting himself to Santonio Holmes recently suggesting on Twitter that a fan kill himself, you have to wonder how these guys remember their plays.

"Football can be our sanctuary at times," Steelers Head Coach Mike Tomlin said in a recent article in USA Today. "Whatever may be going on in our lives noteworthy or otherwise, we leave it in the parking lot."

Maybe instead of "leaving it in the parking lot," Mr. Tomlin should have two types of film, one on next week's defensive coverage, and another on "What not to do when leaving Heinz Field."

E-mail Lucas Thompson at l.thompson@lavalleystar.com
Send general comments to valleystar@lavalleystar.com

MONARCHS CAPTURE SIX STRAIGHT

Monarch baseball extended their conference winning streak to six last Saturday against the Citrus Owls.

GIOVANNI GARCIA
STAFF WRITER

Saturday afternoon the Monarchs defeated the visiting Citrus College Owls 6-8 in a conference game. With good defense and strong offense the Monarchs made sure the game would be out of the Owl's reach early in the game. The win also extended their winning streak to six in the conference.

The Monarchs (12-7-1) managed to add another win to their conference record that now stands at 11-5, as they defeated the Owl's 9-7. From the beginning of the game the Monarchs showed they meant business. They took an early 1-0 lead after infielder Mark Felshaw hit a ground ball that brought in third-basemen Josh Goosen-Brown in the second inning. The Monarchs' defense also

showed up early in the game as the team turned two double plays to end the first and second inning.

"Pitching and defense is how we'll win," said Valley Head Coach Dave Mallas. In the third inning the Monarchs' defense continued to prevail against the Owls' offense. As right outfielder Oscar Soriano made a diving catch that ended up with him crashing into the wall.

In the third, the Monarchs would go on to score four runs. The first two scores coming after a line drive hit by Goosen-Brown went through the Owls infielder, Charles Ball. The next two came after a hit by infielder Miguel Ceja to the outfield, which gave the Monarchs a 5-0 lead heading into the fourth.

The Owls' first run came in the fourth.

"In the fourth I was having a hard time because I was getting ahead of people, which caused me to pitch more fastballs," said Valley pitcher Stephen Odachowski, who pitched seven innings and only gave up two runs. The Owls scored a run

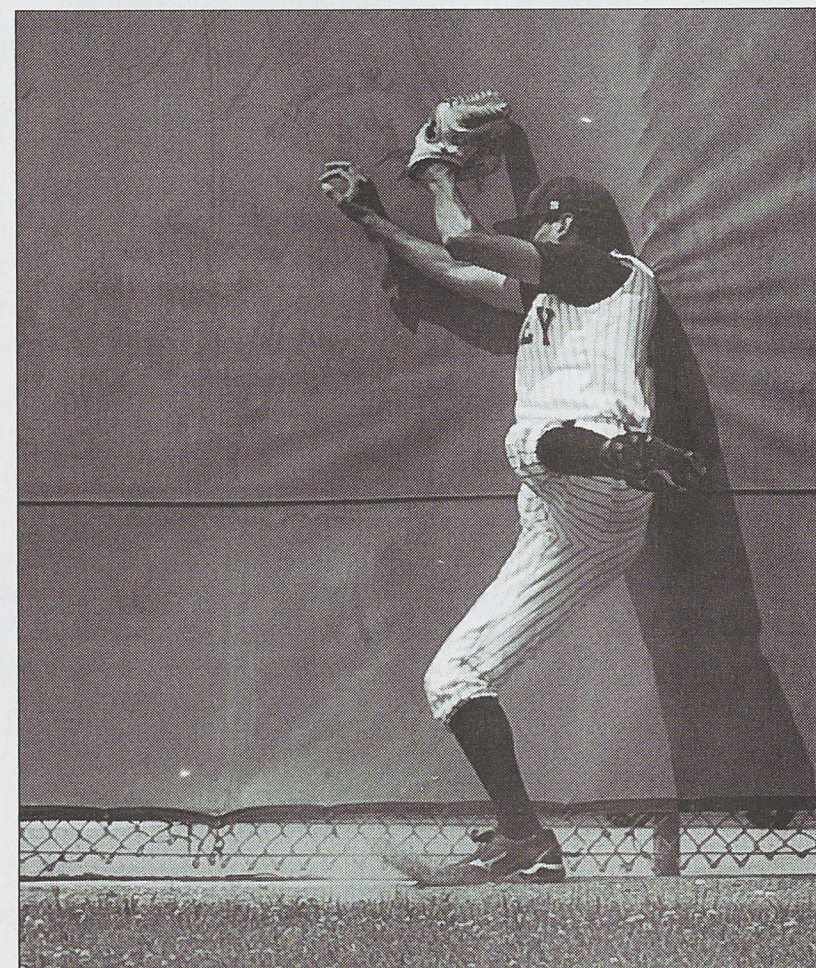
after a line drive hit by the Owls in the top of the sixth but the Monarchs answered with two in the bottom of the inning.

"Our hitting has been really good, one through nine is making the difference," said Goosen-Brown of the Monarch line-up.

The Monarchs added to their lead by scoring a run in the seventh. But the Owls didn't go out without a fight, making a late rally in the eighth off of a three-run homerun by infielder Kyle Nutter. The homer gave the momentum back to the visiting Owls.

The Monarchs once led by as much as five, but in the top of the ninth the lead was only two. After giving up a run early in the inning, Valley's pitcher Freddy Contreras was able to end the game by striking out the last two batters.

"We're taking it one at a time and not looking too ahead," said Mallas. The Monarchs' next game is scheduled for April 20 in another conference game against Pierce College.



SPECTACULAR - Outfielder Oscar Soriano makes the catch and then crashes into the wall during Saturday's victory over Citrus College.

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IT'S ONLY FAIR

Women's scholarships don't have a fair chance in comparison to men.

CRISTINA SERRATO
STAFF WRITER

Since 776 B.C.E. women have been fighting for their place in sports, and now, almost 2,800 years later, the gloves are still on. But this time women are fighting for their fair share of funds.

When it comes to scholarships the debate has just begun for women. Though their male counterparts have been receiving athletic scholarships for well over 100 years, women in sports received their first scholarships less than 47 years ago and with only 15 awarded throughout the entire US, women had to truly be the best to win.

"I do think it can be easier for women to get scholarships because men have a lot more competition and get held at a higher level. Though there are still more sports for men, and men usually have more opportunity to receive scholarships, but I don't think it's fair to cut sports to make it equal for women, it should be by necessity," said Michael Chrzanowski, basketball player for Notre Dame High School and business major at Valley.

According to the US department of Education Title IX, which was implemented in 1972, prohibits discrimination on the basis of sex in education programs receiving federal financial assistance. Athletics are covered by this law meaning that the athletic interests for men and women must be equally accommodated, specifically at an intercollegiate level. However, many people are under the assumption that Title IX regulations call for some sports

to be cut, some sports to receive unfair treatment or give women an advantage in athletics. That is simply not true.

"Because of Title 9, universities have to give the same amount of scholarships to everyone. Everyone, man or woman, has to work hard to get scholarships," said Diedra Stark, Valley athletic director.

According to the US Department of Education Web site, Title IX does not require that a college or university offer the same sports or an equal number of sports for men as women, only that they must accommodate to the same degree the athletic interests and abilities of each sex in the selection of sports. It requires that both sexes be given equal opportunity in sponsorship, where applicable, and with exception to bodily sports and that equal opportunity be given in competition, where applicable.

"It's not easier for women to get scholarships," said softball coach Frankie Garcia. "Women work hard, sometimes harder than men for scholarships, after all the hard work there's no 500K signing bonus for women at the end of scholarships."

While women's sports have been gaining popularity, have received more private funding and are becoming a larger market than ever, women are still at an unfair advantage. According to the Women's Sports Foundation \$1.2 billion is awarded every year in college sports scholarships and women only receive about 43% of that, despite Title IX efforts. Women are still struggling for equality in the finance department of sports.

"It's harder and harder for men and women alike to get scholarships, if you're not a great student then you won't get recruited," said Stark. "It's about being a good student then whatever you're great at."

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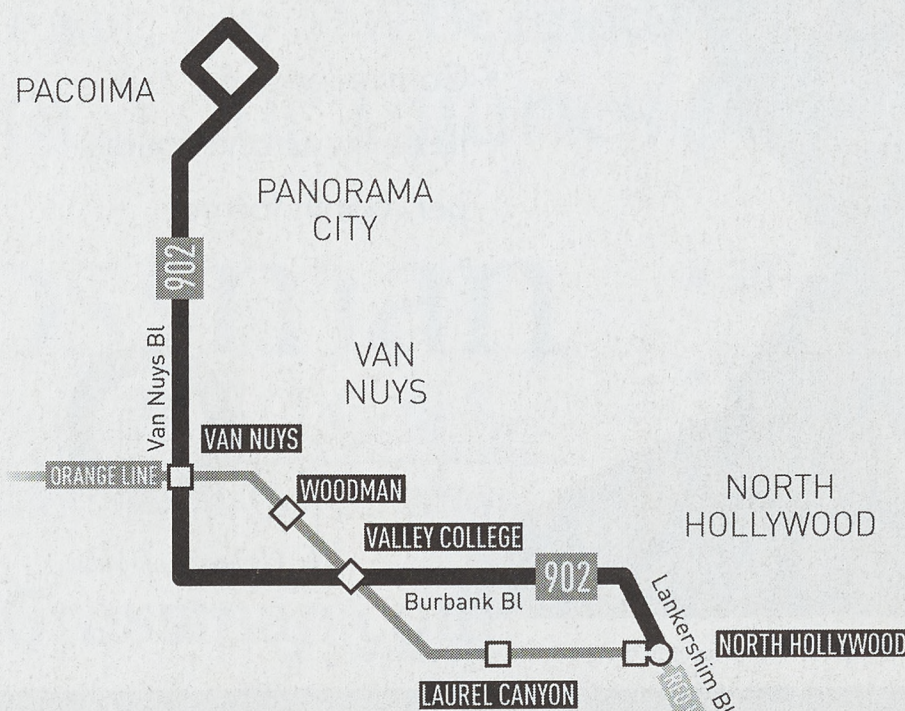
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ROLLER DERBY TAKES OVER LOS ANGELES

ROLLER DERBY COMEBACK



COLLISION IN TURN ONE - Members of both teams go down hard as they jockey for position.



SLAMMED - Even though elbowing is not permitted, aggressive action gives the derby all of its flavor.



DISPLEASED - Spectators can stand around the rink and sit in the bleachers during the match. This Varsity Brawlers fan wasn't happy to see his team behind in points near the end of the match.

“Our skaters are very talented athletes. We don't all start out that way, but we train two to five days a week to get there.”

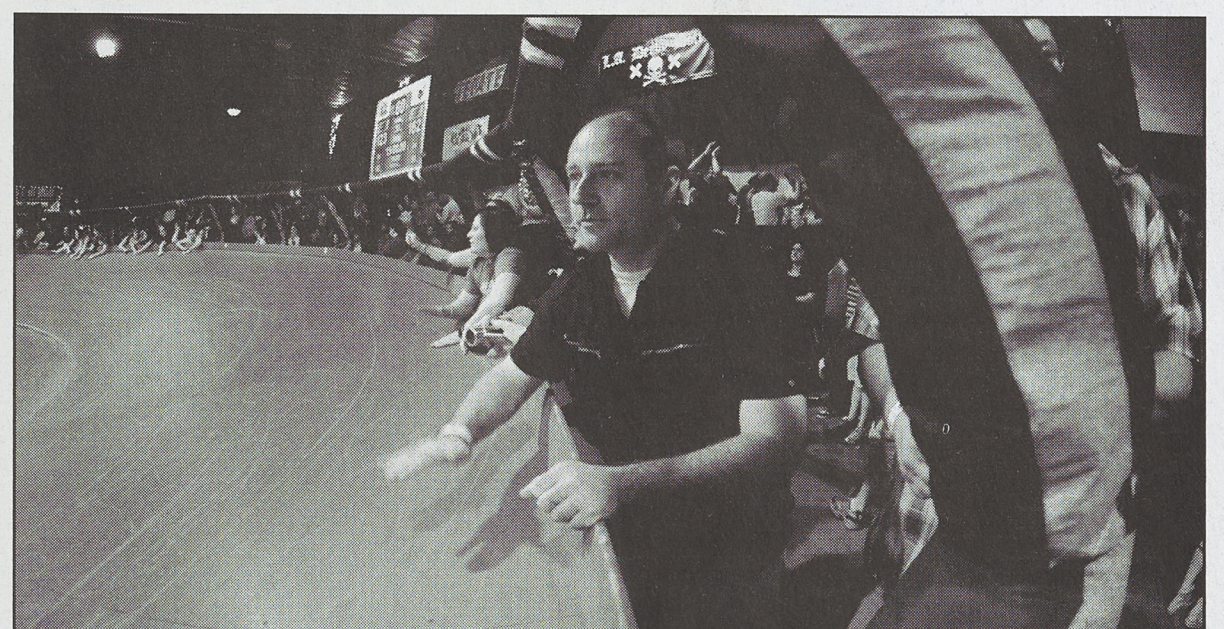
-Agnus Die”



WAITING GAME - Fans wait inside and outside of the warehouse arena before the match.



ACCIDENT - Crashes and falls are par for the course during the final moments of the competition.



MAKE SOME SOUND - Fans surround the rink and pound on it at the end of each match as they share their appreciation of the effort that both teams put into it.

A peek at the L.A. Derby Dolls, Southern California's premiere all-female, banked track roller derby league.

PHOTOS BY SCOTT MITCHELL
STAFF PHOTOGRAPHER

STORY BY SAMUEL OKSNER
PHOTO EDITOR

Founded in October 2003 by Rebecca Ninburg and Wendy Templeton, the L.A. Derby Dolls are a league that has grown to more than 150 skaters and volunteers, divided into five teams.

Embodying the do-it-yourself ethos of modern roller derby, as resurrected in Austin, TX in 2000, the L.A. Derby Dolls are an entirely volunteer-run organization, relying on the support of their fans and community.

“Skaters, refs, and the rest of the volunteers contribute their time and skills to maintain the track and the Doll Factory, to put on full production bouts, and to make derby the best sport it can be. Skaters, especially, contribute long hours on and off the track,” said Agnus Die, public relations head for the L.A. Derby Dolls.

The track, specifically designed for roller derby, is a 100- by 60-foot banked track with surrounding space for fans. Built by the skaters, friends and family, the track is the fulfillment of a dream. Made of wood, steel, and masonite, held together by thousands of nuts and bolts, the track has become as much a part of the league as any skater.

The L.A. Derby Dolls take all the thrills of the old game and spice it up with a fresh and feisty new face. All the hits and spills are real, no scripting occurs for the event.

A roller derby match is composed of two teams of five players each: four blockers, one of whom wears a striped helmet cover as the “pivot,” and one jammer. Points are scored when a jammer breaks through the pack, races ahead to rejoin the back of the pack, then attempts to jam through once again scoring a point for each opponent passed. The jammer has 60 seconds to score. The game consists of two halves, each half has two 12-minute periods.

Roller derby was created in 1935 by Leo Seltzer, a Chicago promoter looking to drum up business for the Chicago Coliseum. Roller derby is one of only two sports to be created from scratch by an American; the other being basketball. At its zenith in the early 1970s, roller derby was played to sold-out crowds at stadiums across the US including the Oakland Coliseum, White Sox Park and Madison Square Garden.

Unlike the scripted “sports entertainment” version of the ‘70s and ‘80s, the banked track roller derby of today is a real full-contact sport played at breakneck pace. The slope and elevation of the track allows for greater speed, faster jams and more bone-crushing hits, with spectators able to take in every second of the rough-and-tumble action.

“Like all derby girls, we learn how to take a fall, and we practice jumps, speed, and agility so that we don't have to. But derby is a full-contact sport, and we expect to be hit, to fall, and to have to get back up and get back in the game as quickly as possible. We play hard and we hit hard, but we do our best to play cleanly, and we leave

EARTHQUAKES

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WAITING FOR...

Another Earthquake Drama, Give Me a Break

Haiti, Chile and Mexican earthquakes are sparking rumors for the next "Big one."

CAROLINA LEON
STAFF WRITER

The recent earthquakes have left disastrous consequences ranging from deaths, injuries leaving people paranoid for the arrival of the next "Big one."

The earthquakes struck first in Haiti, then Chile, and most recently, Mexico. The talk around California hasn't stopped, and many people feel the earthquakes are getting closer to us and that we're overdue. The information we are being given in casual conversations or social network chats is false and have sparked a worrisome and nasty rumor.

A recent text message has made its way around campus, "State of California predicts an 8.4 earthquake within the next 24 hours. Pack all your necessities. GOD BLESS." Text messages, Twitter tweets, and status updates on Facebook couldn't be more annoying than they are now. Hopefully everyone realizes how easy it is to make up a text message and send it to a massive group, who then repeats the same cycle.

Technology is a powerful thing and we should not abuse it by spreading news that is false and could cause chaos. Rumors are making their way into the lives of people, leaving them fixated that we are all going to die in an earthquake. Everyone needs to give it a rest. Officials at the California Institute of Technology confirmed these types of predictions cannot be made and the rumors are not true. It's often very difficult and time-consuming to research rumors, but there are great Web sites you can turn to for the truth. News Web sites and rumor sites like www.snopes.com can be very useful in easing your curious mind.

Earthquakes are a very important topic to discuss but many people are becoming overly concerned. We're not able to prevent earthquakes. The only thing left to do is prepare. Removing hazardous items from your home and creating an emergency plan are crucial. After preparing, let's all move on. Revolving your life around earthquakes will just make you paranoid and annoying to be around.

THE BIG ONE

Recent Southern California and Baja quakes point to just the beginning of seismic activity.

LUCAS THOMPSON
MANAGING EDITOR

Just as you've reached your deepest sleep and most pleasant dreams the bed begins to rattle. You awake only to the assumption that a large semi-truck or bus is passing on a nearby street of your house ... until picture frames crash to the floor, your china cabinet rips open, and the structure of your house seems 10 seconds away from collapsing beneath your feet. This is when you realize the big one is finally here.

This year alone the region of Southern California has seen more than 70 earthquakes that exceed a magnitude of 4.0. This figure tops any other year of this decade and accounts for more quakes than the past two years combined, according to Fox News. Keep in mind we are only in April.

The past ten years, according to scientists, have been relatively quiet in seismic activity for Southern California. But these events tend to move in cycles. Though scientists can only speculate as to why there have been so many moderate quakes in the first quarter of 2010, the resounding opinion is that this is just the beginning of a future period of increased seismic activity throughout Southern California.

The last cycle occurred in the early '90s when the region was struck by the devastating M7.3 Lander's earthquake, followed by the 1994 M6.7 Northridge quake.

Accounting for the M7.2 Baja quake and the roughly 500 aftershocks that followed, it seems Southern Californians should brace themselves for a surge in larger

quakes to come.

Though opinions vary on the subject matter, all scientists are agreed on small and large earthquakes affecting surrounding tectonic plates and regions in seismic activity in some shape or form.

"Small tremors boost the chances of triggering a larger quake," said Morgan Page, geologist of the U.S. Geological Survey in Pasadena. "Some scientists theorize that large earthquakes behave differently, relieving so much pressure they reduce the chances of another big one. We don't have enough data from the big earthquakes to know who is right," Page said in a telephone interview with Business Week. "My thought is that they cluster in space and time, and the most dangerous time for a big earthquake is right after you have a big earthquake."

Scientists stress the boom in shaking amongst the region is not a clear sign that "The Big One" is close, but no one is saying it's not. Yesterday or Monday there was an earthquake that rumbled through Southern California, the answer to whether this is building up pressure for a nearby catastrophe or merely releasing stress will be an answer only found beneath the earth's crust in the coming months.

Lucy Jones of the U.S. Geological Survey in a Public Radio interview this week. There are too many variables that determine size and occurrence of earthquakes to construct a model of predictability, according to Jones.

Largest earthquake recorded in California was a M7.9 in Parkfield 1857 along the San Andreas Fault, according to USGS. This is believed to have been part of a geological cycle that takes roughly 150 years to come full circle. Meaning we are three years overdue for a big one.

An earthquake this size near LA would kill as many as 1,800 people and injure 50,000, claims USGS. It would also cause \$200 billion in damages. On their Web site, the California Seismic Safety Commission says in the event of a high magnitude quake along the San Andreas about 24 freeway overpasses would collapse, and two major dams would crumble in the San Gabriel Mountains, flooding surrounding areas in as much as six feet of water. Schools, hospitals, and shopping centers will be damaged beyond repair, and some will collapse.

The threat of "The Big One" is a part of life in LA. The 1994 Northridge quake is a harsh memory for many Angelenos, but even with global seismic activity recently, the threat isn't being taken seriously by all.

"I think it's possible," said sociology major Edgar Flores. "But I don't worry about it. There's no real indication that it's going to come anytime soon."

Things are Shaking Up in California

CARL ROBINETTE
STAFF WRITER

Earthquakes have been the hot topic in 2010. With huge disaster quakes hitting all over the globe from China to Chile, it's hard not to wonder when the next one is going to hit closer to home.

As a product of southern California, I grew up with earthquakes as part of life. The legend of "The Big One," a giant earthquake that will destroy Los Angeles, has surfaced and resurfaced in the media many times over the years. We are dangerously close to a major fault line here in Los Angeles County, and legend dictates that a high magnitude earthquake is not just a possibility, but an eventuality.

"As far as we can tell, big and small earthquakes start the same,"

Staying Full in an Emergency

Storing and cooking food without gas, water, or electricity.

KATE HOLZHAUER
STAFF WRITER

There is a lot of talk about how to prepare for an earthquake, but even in the best of circumstances it's hard to be completely prepared. After a big earthquake, it is difficult to know what to expect. There may be enough water stocked in the pantry to drink, but probably not enough water to cook with. There will not necessarily be gas or electricity to heat food for a few days so it is important to understand how to stay fed without.

"[Emergency supply stores and camping stores] sell food for emergencies that lasts forever but tastes sh***y," Firefighter Willis told his community emergency response team class. "It's more important to stock stuff you actually like eating."

It is relatively easy to find emergency food supplies at stores like SOS Survival Products in Van Nuys, or at countless camping supply and sporting good stores, but the products are both tasteless and expensive. No one wants to spend \$50 on a 10-pack of dry, tasteless energy bars. Instead, Firefighter Willis advises his students to stock up on one or two ready to eat items at the grocery store each time they're there, which is far easier on the wallet than dropping hundreds of dollars at once on emergency supplies.

While many grocery store items benefit from cooking or the addition of water, resourceful shoppers can find things like granola bars, crackers, peanut butter, canned fruits and vegetables, and even soup (though not condensed soup), that make up well balanced, tasty, and inexpensive meals. Willis also recommends that his students go through their emergency supplies twice a year and either use foods near their expiration date, or give them to charity and get fresh supplies for themselves so that when they find themselves needing to break into their supplies, they are as fresh and delicious as possible.

If all else fails, it is important to remember there are means of preparing food that don't require gas, water, or electricity. Anyone with a charcoal grill has the necessary means to cook up whatever meat, fish, or vegetables they have in the refrigerator and freezer, provided they stock up on charcoal and matches. Most vegetables and fruits taste good raw. And seafood can be covered in lemon or lime juice to make ceviche. While it may not be cooked on heat, the acid in the citrus juice cooks the seafood completely.

Willis recommends that people be ready to survive for seven days without any assistance from emergency services. That includes having a gallon of water per person, per day on-hand as a good start. The more water the better. Remember to store other emergency supplies separately from food in an earthquake-safe place low to the ground.

THIS WEEK IN HISTORY: DEVASTATING EARTHQUAKES THROUGHOUT THE WORLD.

WEDNESDAY, 21ST

In 1977, 18 people were killed in landslides when a M7.4 earthquake shook the Solomon Islands. Eighteen years later, in 1995, a M7.2 shook the Philippines causing minor damage.

THURSDAY, 22ND

Seventy-five people were killed, 563 injured, 9,839 left homeless and 866 buildings were destroyed throughout Costa Rica when a M7.6 earthquake rocked the country in 1991, resulting in an estimated \$43 million in damages.

FRIDAY, 23RD

A M4.4 quake shook Pennsylvania in 1984, causing minimal damages.

SATURDAY, 24TH

In 1867, a M5.1 earthquake struck Kansas. Nearly 100 years later, in 1960, 420 people were killed and 3,000 injured when a M6.0 caused \$20 million in damages in Iran. A M6.1 earthquake caused \$7.5 million in damages and injured 21 people in San Jose, Calif. in 1984. A year later, in 1985, six people were killed and 11 injured in a M6.1 earthquake in the Philippines.

SUNDAY, 25TH

Fifteen people were killed in Turkey in 1957 during a M7.1 quake. In 1989, three people were killed in a M7.1 earthquake that vibrated Guerrero, Mexico. Ninety-eight people were injured in Humboldt County in 1992 during a M7.2 quake that resulted in \$66 million in damages.

MONDAY, 26TH

Charles F. Richter was born today in 1900 in Ohio. Richter would develop the Richter magnitude scale 35 years later to compare the size of earthquakes, which would be used to measure the magnitude of what was determined to be a M6.9 quake in Alaska, in 1933. A M5.0 shook Uzbekistan in 1966, killing 10 people, injuring 1,000, leaving 100,000 homeless and destroying 28,000 buildings, 380 of which were hospitals and schools. In India, a 1986 M5.5 killed six people, injured 30 and damaged 85 percent of the houses in Dharamsala. A M6.5 quake killed 126 people in China in 1990. California got rocked double time in 1992, when two separate earthquakes damaged Northern California, a M6.5 and M6.7, respectively.

TUESDAY, 27TH

One hundred villages were destroyed or heavily damaged and 2,800 people killed in a 1931 M5.7 Armenian earthquake.